



Professing the Positive

Many people will agree that there is just too much anger in the world. It is not uncommon for a conversation to revolve around the things that get people upset and the ways people react when they are upset. Surely you have had the experience of someone next to you on their cell phone telling another person how they “told someone off” for making them angry. Maybe you have been in those conversations yourself, because after all we are only human and most people take the time to vent once in a while. Still, venting can become habitual especially when there may seem to be a million and one reasons to get angry these days. Therefore, to start a positive group discussion on anger management, instead of listing things that make us angry or upset, it can be therapeutic to have a conversation about some **things that do not make us angry**. So if talking openly about things that get you upset is **venting**, then let’s call this process of talking about things that make you feel calm, regulated and content: **professing**

Group questions for professing the positive:

What are some things you can think of that are both enjoyable and good for you?

What is hopeful in your future, even if it’s just something small or personal to you?

What (non-substance related) things take you to that place of contentment even if it’s for a little while?

Who in your life knows just what to say to calm you down and keep you focused on what is good?

What is one thing that you’ve learned not to stress over anymore?

When things are quiet and you self-reflect, what can you be grateful for today?

What is something good you have done for someone else recently (even if it’s something small)?

What is going right in your life right now?

