

THE COSTS VS THE BENEFITS

The following chart will help you to weigh up the costs (negatives) versus the benefits (positives) of losing control with anger and rage. During the break, think of at least one of the risks and consequences that were important to you during the teaching we learned. Talk about how the 4 areas below relate to your issue during the discussion time.

<u>Continue</u> my current rage	<u>Stop</u> my current rage
POSITIVES (Benefits)	POSITIVES (Benefits)
Example:	Example:
<i>I enjoy the release I get</i>	<i>I want to feel my families love again</i>
NEGATIVES (Costs)	NEGATIVES (Costs)
Example:	Example:
<i>I will go to jail or lose my spouse, children, job etc</i>	<i>I will have to learn to cope with stress</i>

Someone once said;

*“If you don’t like it, change it,
If you don’t want to change it,
It can’t be that bad!
(Anonymous)”*

If you don’t have a problem with rage, then why are you here?