

Group 8: Anger

Facilitator's Guide to Mending Hearts After Loss Groups
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OVERVIEW & PURPOSE

Support participants in understanding and managing their feelings of anger, understanding parts of it that help and serve useful functions, and those parts that don't serve and prolong suffering.

OBJECTIVES

1. Identifying choice points on how to live with this loss/es.
2. Clarify ways anger helps and hurts for each member.
3. Brainstorm ways to release and move through anger.

MATERIALS NEEDED

1. Download group 8 worksheet.
2. Highlight aspects to let go of and aspects to hold on to.
3. Paper/pencil/pen

MATERIALS PROVIDED

These may be audio, video, or pdf downloads. You may choose to screen share videos, send participants links or use info in videos to weave into groups.

1. Group 8 worksheet
2. Directions to writing exercises
3. Prompts to explore anger

ACTIVITY

Activities you can use during group sessions, you can shorten, omit, or add to any of them. Facilitator may wish to play soothing music while participants work on these.

- Worksheet 8
- Group brainstorming around ways to release anger
- Group exercise: letter writing to person
- Group exercise: letter writing to anger

Ending Ritual

Last 15-20 min. Close group with ritual of asking each member what their biggest takeaway is from today's group and what they want to remember in the coming week and review which things they will commit to trying this week. Close with a breathing exercise (4x4), or guided meditation depending on time. Meditation audios are provided for you. There are some scripts as well. You can play them or read scripts.