

BUSI – Anger Awareness, Regulation & Accountability Program

Faith-guided and suitable for court, workforce, and community settings.

Program Structure:

Module 1 – Anger Awareness & Triggers

Module 2 – Anger & Relationships

Module 3 – Emotional Regulation & Self-Control

Module 4 – Accountability Without Harm

Module 5 – Channeling Anger Into Constructive Action

Module 1: Anger Awareness & Triggers

Skill Focus: Awareness Before Reaction

Participants identify anger triggers, physical warning signs, and escalation patterns before reactions become harmful.

Core Objectives:

- Increase anger awareness
- Improve emotional regulation
- Strengthen accountability
- Promote healthier communication

Module 2: Anger & Relationships

Skill Focus: Relational Responsibility

Participants examine how anger impacts family, workplace, and community relationships and develop healthier communication skills.

Core Objectives:

- Increase anger awareness
- Improve emotional regulation
- Strengthen accountability
- Promote healthier communication

Module 3: Emotional Regulation & Self-Control

Skill Focus: Regulation Tools & Impulse Control

Participants learn structured pause techniques, breathing strategies, and response planning to reduce impulsive behavior.

Core Objectives:

- Increase anger awareness
- Improve emotional regulation
- Strengthen accountability
- Promote healthier communication

Module 4: Accountability Without Harm

Skill Focus: Responsible Expression

Participants practice expressing frustration and concerns without aggression, retaliation, or escalation.

Core Objectives:

- Increase anger awareness
- Improve emotional regulation
- Strengthen accountability
- Promote healthier communication

Module 5: Channeling Anger Into Constructive Action

Skill Focus: Redirection Instead of Retaliation

Participants develop plans to redirect anger into advocacy, problem-solving, and constructive engagement.

Core Objectives:

- Increase anger awareness
- Improve emotional regulation
- Strengthen accountability
- Promote healthier communication