

Table of Contents

Lesson 1:	An Introduction to Take CHARGE	1
<u>STEP #1</u>	Check - See If You're Angry	
Lesson 2:	Recognizing Anger	7
Lesson 3:	More About Anger	14
Lesson 4:	Recognizing Frustration	19
STEP #2	Hold on - Calm Down & Think	
Lesson 5:	Calm Down & Think – Part 1	25
Lesson 6:	Calm Down & Think – Part 2	29
Lesson 7:	Practicing <i>Take CHARGE</i> Steps 1 & 2	36
STEP #3	A nalyze - Figure Out the Cause	
Lesson 8:	Defining the Problem	38
Lesson 6.	Defining the Flooreni	36
STEP #4	$\mathbf{R}_{ ext{eflect}}$ - On Possible Solutions	
Lesson 9:	Thinking About Solutions – Part 1	45
Lesson 10:	Thinking About Solutions – Part 2	48
Lesson 11:	Thinking About Solutions – Part 3	53
Lesson 12:	Practicing Take CHARGE Steps 1-4	56
STEP #5	Go for it - Pick a Solution	
Lesson 13:	Picking a Solution – Part 1	59
Lesson 14:	Picking a Solution – Part 2	62
Lesson 15:	Picking a Solution – Part 3	65
Lesson 16:	Practicing Take CHARGE Steps 1-5	70
STEP #6	Evaluate - See What Happened	
Lesson 17:	How Did I Do? – Part 1	73
Lesson 18:	How Did I Do? – Part 2	77
Lesson 19:	Practicing <i>Take CHARGE</i> Steps 1-6	84
Lesson 20:	Practicing <i>Take CHARGE</i> Steps 1-6	87



Table of Contents

BOOSTER LESSONS

LESSON 1	Review the Take CHARGE Steps	92
LESSON 2	Scripted Role-Plays	97
LESSON 3	Creating Role-Plays	111
LESSON 4	Acting Out the Role-Play	113
LESSON 5	Group Problem Solving	114
LESSON 6	How Did It Turn Out?	115

APPENDICES

	116
APPENDIX B	117