

Cody

### Action Plan

My goal is not have anger spells. stop yelling at people.

Date to finish	04/30/23
How will I measure my success?	Cody will measure weekly by reaching an 8 out of 10 to control anger

#### Steps to Achieving my Goal

Description	Time Estimate	Completion date
enroll in anger management	1 hr	4/1/23
Attend mens group	1 hr	4-1-23
Attend recovery	1 hr	4-1-23

Obstacles that may arise	Triggers
How I will respond	take a breath and reveal situation
	Limit Alcohol intake
	drinking

Helpful Tools	Prayer
Helpful Resources	anger management classes
	Attend church
	Fellowship w/ men
	TWWD counseling dept

## SMART Goals

<b>S</b>	<b>Specific</b>	<p>What am I going to do? Why is this important to me?</p> <p>Cody suffers from anger. He will enroll in anger management. It is very important for him to control his anger in heated situations.</p>
<b>M</b>	<b>Measurable</b>	<p>How will I measure my success? How will I know when I have achieved my goal?</p> <p>Cody will measure his situations from 1 to 10. Being the best situation he will write away from then he will know he achieved his goal.</p>
<b>A</b>	<b>Attainable</b>	<p>What will I do to achieve this goal? How will I accomplish this goal?</p> <p>Cody will enroll in classes to help achieve his goals. He will accomplish his goal when the course is completed.</p>
<b>R</b>	<b>Relevant</b>	<p>Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?</p> <p>Cody goal is worthwhile by achieving and completing courses and meeting his goal to control and overcome anger.</p>
<b>T</b>	<b>Time-Bound</b>	<p>When will I accomplish my goal? How long will I give myself?</p> <p>Cody will give himself 5 months to accomplish his goal.</p>

Cody's law is a 1 when he was arrested for a bar fight. His sign is a 10 when he was able to walk away from a co-worker having an outburst.