Text: Ellis

1. Briefly describe each of the following "forceful" methods of disputation

   Forceful Taped Disputing  Reverse Role-Playing

   Forceful Coping Statements

Text: Reserve – Kassinove (Kassinove & Sukhdolsky)

1. Averill investigated the difference between anger and annoyance in a student and community population. Two differences involved moral connotation and the issue of action/display of feelings. What were these differences?

Text: Reserve – Kassinove (Tafrate)

1. It has been argued that unexpressed anger can create problems, including explosive aggressive behavior and a wide array of other emotional problems as well as physical problems. One approach to this has been to encourage individuals with anger problems to engage in harmless aggressive acts (e.g., hitting a pillow) to “drain off” anger and thus prevent dangerous aggression.

   Although this “catharsis” intervention has been used in mental health work for about a century, there have been no controlled treatment outcome studies of this procedure on clinical subjects. However, there have been many studies on the effect of participation in cathartic activities. What were the findings in these studies?

Text: Reserve - Kassinove (Deffenbacher)

1. Deffenbacher identified seven common cognitive biases and errors in anger. Please list and define them.