**CCW Chapter 6**

**NAME:**

**DATE:**

**Please circle the most correct answer:**

1. Attend the anger management program from 6-8 at the YMCA

A. Objective

B. Task

2. Lean skills to manage my anger

A. Objective

B. Task

3. Learn to deal with people who pressure me

A. Objective

B. Task

4. Look for a job within two weeks

A. Objective

B. Task

5. Begin to spend quality with my children

A. Objective

B. Task

6. Complete a Thinking Report every day.

A. Objective

B. Task

7. Prepare to work on another course for my GED

A. Objective

B. Task

8. Write my resume

A. Objective

B. Task

9. Use the assertiveness skill whenever my mother criticizes me.

A. Objective

B. Task

10. Attend the substance abuse program every week

A. Objective

B.Task

11. Go to the gym once per week

A. Objective

B. Task

12. Take a “Time Out” when I feel myself getting angry.

A. Objective

B. Task

13. Talk with my sister whenever I feel cravings or urges

A. Objective

B. Task

14. Learn to speak assertively

A. Objective

B. Task