



**Conscious
Discipline®**

Responding to Anger and Rage

Presented by Dr. Becky Bailey, the Founder of Conscious Discipline



9+ hours
of transformational
content featuring
Dr. Becky Bailey

Session 1:

**Introduction
and Getting
Started**

Session 2:

**Changing Our
Relationship to
Emotions**

Session 3:

**The Emotional
Guidance
System**

Session 4:

**The Purpose of
Emotions**

Session 5:

**From Feelings
to Solutions**

Session 6:

**Bringing the
Unconscious to
Our Conscious
Mind**

Session 7:

**Self-Regulation
and Active
Calming**

Session 8:

**How Loss
Contributes
to Rage and
Violence**

Session 9:

**The C.A.R.E.
Room and
Rage Plan**

Session 10:

**Closing and
Next Steps**

Includes a downloadable workbook to guide your learning!