



WOMEN'S ANGER MANAGEMENT PROGRAM (WAMP)

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

A professionally structured educational and personal-development program supporting healthier responses to anger, greater behavioural awareness, emotional regulation, personal responsibility and positive change.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

This pre-purchase outline provides prospective participants with a clear overview of WAMP, its 12-session learning pathway, workbook inclusions and Wix purchase information while protecting the complete paid participant exercises, worksheets and response templates.



Program Overview

The Women's Anger Management Program (WAMP) is a structured 12-session self-applied digital participant workbook designed to support women in recognising anger, distinguishing unhealthy reactions from healthier responses, and developing practical strategies for managing emotions across different situations and environments.

The program follows a progressive learning pathway that begins with identifying the presenting problem and understanding possible solutions. Participants then explore violence and the cycle of abuse, the Victim-Persecutor-Rescuer pattern, controlling and coercive behaviours, reacting versus responding, relaxation and calmness, fight-or-flight responses, fear and stress, thinking patterns associated with emotional reactions, anger symptoms, responsible behaviour and future planning.

The source program emphasises learning strategies and making changes where past fear or trauma may have contributed to patterns that interfere with healthy responses. The self-applied workbook presents these themes as structured education, reflection and personal strategy development.

Program Purpose

The purpose of WAMP is to provide a structured educational framework through which participants can increase awareness of anger and behaviour, recognise patterns that may contribute to unhealthy reactions, strengthen impulse control and responsible responding, and develop practical strategies for healthier emotional and behavioural choices.

12-Session Program Framework

Session 1 - Identifying the Problem, Learning the Solution

Identify the presenting concern, distinguish the problem from possible solutions and begin developing practical strategies for change.

Session 2 - Violence and the Cycle of Abuse

Explore the meaning of violence and develop awareness of patterns commonly described within a cycle of abuse.

Session 3 - Victim, Persecutor and Rescuer Cycle

Explore the Victim-Persecutor-Rescuer pattern, including blame dynamics and the ways these roles can influence conflict and relationships.

Session 4 - Understanding Behaviour: Control, Domination and Coercion

Examine controlling, dominating and coercive behaviours and consider how these patterns may affect communication, relationships and personal responsibility.

Session 5 - Reacting Versus Responding

Explore the difference between impulsive reaction and considered response, including the influence of impulse control and emotional build-up.

Session 6 - Learning to Remain Relaxed and Calm

Develop awareness of practical approaches that may assist with remaining calmer across challenging situations and environments.



12-Session Program Framework - Continued

Session 7 - Understanding Fight-or-Flight Responses

Explore the fight-or-flight response and consider how physiological and emotional activation may influence behaviour in challenging situations.

Session 8 - Letting Go, Fear and Stress

Explore the letting-go process and develop awareness of fear and stress cycles that may contribute to emotional escalation.

Session 9 - Thinking Patterns and Emotional Reactions

Reflect on current thinking and identify thought patterns that may intensify emotions or contribute to reactive behaviour.

Session 10 - Symptoms of Anger and Anger Management

Identify common signs and symptoms of anger and consider constructive strategies for managing anger more safely and productively.

Session 11 - Monitoring Future Situations and Responsible Behaviour

Develop greater awareness of future triggers and situations, with emphasis on monitoring choices, accountability and responsible behaviour.

Session 12 - Exit Planning and Continuing Behaviour Change

Develop an individual exit and forward-planning strategy, reflect on behaviour change, continue self-discovery, monitor negative self-talk and complete the participant feedback questionnaire.

What Participants Receive After Purchase

The complete WAMP digital participant workbook expands the 12-session framework into a guided self-applied program. The purchased workbook includes:

- Twelve structured participant sessions
- Guided education and personal reflection activities
- Activities examining anger, violence, abuse cycles and relationship behaviours
- Reflection on reacting versus responding and impulse control
- Calming, emotional-regulation and fight-or-flight awareness activities
- Fear, stress and letting-go reflection
- Thinking-pattern and anger-management exercises
- Responsible-behaviour monitoring, exit planning and participant feedback

Pre-purchase protection: Detailed participant exercises, worksheets, response templates and complete session activities are supplied only within the purchased workbook.



Who Is This Workbook For?

This self-applied workbook is intended for adult women seeking a structured educational and personal-development resource to improve awareness of anger, emotional reactions, relationship behaviours and personal responsibility.

- Women wanting to recognise anger triggers and patterns of emotional escalation
- Participants seeking to understand the difference between reacting and responding
- Women wanting to examine control, domination, coercion and conflict-related behaviours
- Participants interested in understanding fight-or-flight, fear and stress responses
- Women seeking practical strategies for calmer and more responsible behaviour
- Participants wanting a structured process for reflection, behaviour change and forward planning

Workbook Information

Product	Women's Anger Management Program (WAMP) - 12-Session Self-Applied Digital Participant Workbook
Format	Digital PDF participant workbook
Program Length	12 sessions
Participation	Self-applied / independent
Primary Focus	Anger awareness, emotional regulation, behaviour and personal responsibility
Delivery	Digital product via Wix
Licence	Individual participant use
Price	AUD \$39.95

Wix Product Listing

Suggested Wix Product Name

Women's Anger Management Program (WAMP) - 12-Session Self-Applied Digital Participant Workbook

Short Wix Product Description

A professionally structured 12-session self-applied digital participant workbook supporting healthier anger management, emotional regulation, behavioural awareness and responsible responding through guided education, personal reflection, strategy development and forward planning.

Suggested Wix Product Category

Digital Workbooks | Personal Development & Wellbeing Programs



Wix Purchase Options

Option 1 - Purchase Digital Workbook

AUD \$39.95 - One-Time Purchase

Purchase the complete 12-session Women's Anger Management Program digital participant workbook for individual participant use.

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Option 2 - Buy Now

Use a direct Wix Buy Now option for customers who are ready to proceed immediately to checkout. After successful payment, the customer receives digital access according to the Wix store delivery settings.

BUY NOW - DIGITAL WORKBOOK

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing

This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Individual Participant Licence

Purchase provides a licence for one individual participant to use the workbook for personal educational and self-development purposes. The workbook must not be copied, shared, distributed, uploaded, resold, republished or supplied to another person or organisation without prior written permission from Divine Living Solutions.

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