



Divine Living Solutions

MEN'S ANGER MANAGEMENT PROGRAM (MAMP)

12-Session Self-Applied Digital Participant Workbook

PRE-PURCHASE PROGRAM OUTLINE

Program Overview

The Men's Anger Management Program (MAMP) is a structured 12-session self-applied digital participant workbook designed to support men in developing greater awareness of anger, emotional responses and behavioural patterns. Through progressive learning and guided self-reflection, participants examine personal triggers, patterns of escalation, the difference between reacting and responding, and the impact of behaviour on themselves and others. The program supports emotional regulation, personal accountability, responsible decision-making and practical strategies for change, responding more constructively to challenging situations.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

Men's Anger Management Program (MAMP)

Program Overview

The Men's Anger Management Program (MAMP) is a structured 12-session self-applied digital participant workbook designed to support men in developing greater awareness of anger, emotional reactions, behavioural patterns and personal responsibility.

The program provides a progressive framework for examining the difference between unhealthy reactions and more appropriate responses. It encourages participants to identify personal patterns, consider the impact of their behaviour, develop practical strategies for managing difficult situations and strengthen responsible decision-making.

Program Purpose

MAMP is designed to support participants in recognising anger-related behaviours and responses, exploring factors that may contribute to emotional escalation, and developing healthier strategies for responding to challenging situations, environments and interpersonal conflict.

The program also provides opportunities for reflection on past fears and/or trauma identified in the original program framework, while maintaining a focus on present-day awareness, personal accountability and constructive forward planning.

12-Session Program Framework

Session 1 - Identifying My Problem and Learning the Solution

Identify the presenting concern, consider possible solutions and begin distinguishing between the problem and a constructive response.

Session 2 - Understanding Violence and the Cycle of Abuse

Develop awareness of violence and examine recurring patterns associated with the cycle of abuse.

Session 3 - Victim, Persecutor and Rescuer Cycle

Explore the Drama Triangle, blame-related patterns and the importance of personal responsibility.

Session 4 - Understanding Behaviour: Control, Domination and Coercion

Examine behaviours associated with control, domination and coercion and consider their impact on others.

Session 5 - Reacting Versus Responding

Explore impulse control, emotional build-up and the difference between an immediate reaction and a considered response.

Session 6 - Developing Calm and Emotional Regulation

Consider practical strategies for remaining calmer and more regulated in challenging situations and environments.

12-Session Program Framework - Continued

Session 7 - Understanding Fight-or-Flight Responses

Develop awareness of physiological stress responses and consider how these responses can influence behaviour and decision-making.

Session 8 - Letting Go: The Cycle of Fear and Stress

Explore the relationship between fear, stress, recurring thoughts and emotional reactions, with a focus on constructive letting-go strategies.

Session 9 - Understanding Thinking and Emotional Reactions

Reflect on thinking patterns that may intensify emotional reactions and identify more constructive ways of interpreting difficult situations.

Session 10 - Recognising and Managing Anger

Identify personal signs and symptoms of anger and consider strategies for managing anger more safely and constructively.

Session 11 - Monitoring Future Situations and Responsible Behaviour

Strengthen personal accountability by preparing for future challenges and identifying responsible behavioural choices.

Session 12 - Exit Planning and Continuing Self-Discovery

Consolidate learning, develop a personal forward plan, monitor negative self-talk and complete participant feedback.

What Participants Receive After Purchase

The complete MAMP digital participant workbook expands the above framework into a guided self-applied program. The purchased workbook includes:

- Twelve structured participant sessions
- Guided reflection questions and personal response areas
- Activities supporting awareness of anger, triggers, thinking and behaviour
- Exercises examining reacting, responding, impulse control and emotional build-up
- Calming and emotional-regulation strategy development
- Personal responsibility and accountability activities
- Progress checks and session-by-session action steps
- Exit planning, participant feedback and a final personal anger-management plan

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

Who is MAMP Designed For?

This self-applied workbook is intended for adult men seeking a structured educational and personal-development resource to examine anger, emotional reactions, behavioural patterns and personal responsibility.

- Men seeking greater awareness of anger and personal triggers
- Participants wanting to recognise warning signs and patterns of escalation
- Men seeking to distinguish impulsive reactions from considered responses
- Participants wanting to develop calmer and more constructive response strategies
- Men seeking to strengthen accountability and responsible behaviour
- Participants who prefer a structured independent learning format

Workbook Information

Product	Men's Anger Management Program (MAMP) - 12-Session Self-Applied Digital Participant Workbook		
Format	Digital PDF participant workbook		
Program Length	12 sessions		
Participation	Self-applied / independent learning		
Primary Focus	Awareness, emotional regulation, responsible behaviour and positive change		
Delivery	Digital product		
Licence	Individual participant use		
Price	AUD \$39.95		

Wix Product Listing

Suggested Wix Product Name

Men's Anger Management Program (MAMP) - 12-Session Self-Applied Digital Participant Workbook

Wix Product Description

A professionally structured 12-session self-applied digital participant workbook designed to support men in developing greater awareness of anger, emotional reactions and behavioural patterns. MAMP guides participants through personal reflection, emotional-regulation strategies, responsible behaviour, progress review and forward planning.

12 Sessions | Digital PDF | Self-Applied | Individual Participant Licence

Wix Purchase Options

Option 1 - Purchase Digital Workbook

AUD \$39.95 - One-Time Purchase

Purchase the complete 12-session MAMP digital participant workbook for individual participant use.

PURCHASE DIGITAL WORKBOOK - \$39.95 AUD

Option 2 - Buy Now

Use a direct Wix Buy Now option for customers who are ready to proceed immediately to checkout.

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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Important Program Disclaimer

MAMP is provided as an **educational and personal-development resource**. It is not a diagnostic or treatment service and does not replace professional counselling, medical care, specialist family-violence services or emergency assistance.

Where anger, violence, coercion, trauma, substance use or another concern creates an immediate safety or clinical risk, appropriate professional, specialist or emergency support should be sought.

AUD \$39.95

PURCHASE DIGITAL WORKBOOK - \$39.95 AUD