Anger and Irritability Management Skills

What is AIMS?

AIMS is a free confidential online course that teaches skills and tools to get along better with people and control your reactions to irritating events. It is based on a highly effective in-person course that has been used by thousands of Veterans. AIMS allows users to take this valuable training anonymously at the time and location of their choice.

Who created it?

AIMS was created by Department of Veterans Affairs' Mental Health Web Services team in collaboration with Veteran Mentors. The course is based on over 20 years of work with male and female Veterans of all war eras and is specifically designed for Veterans, Service Members and their families.

What's in the course?

AIMS features 8 modules, each containing videos from Veteran Mentors who share their personal experiences with anger and how the course has helped them. AIMS helps you better understand what makes you angry and gives you practical tools to manage what you do when you are angry. You can develop a personal Anger Control Plan to help you continue to use what you've learned. You can go through the course at your own pace, but we recommend doing 1 module each week to give yourself time to practice the skills in between sessions.

AIMS Modules
1: Getting Started Managing Your Anger
2: Understanding Your Anger
3: Breaking the Aggression Cycle
4: Behavioral Tools to Manage Your Anger
5: Cognitive Tools to Manage Your Anger
6: Conflicts and Communication
7: Your Anger Control Plan
8: Making it Work

How do I get started?

AIMS is free and available to the public. You don't need to register.
Just go to **www.veterantraining.va.gov/aims** on your computer and select "Start the training".
You will not be asked to enter your name or any personal information.

For more information, including Frequently Asked Questions, visit http://www.veterantraining.va.gov/AIMS/faq.asp or email us at AngerManagement@va.gov.

U.S. Department of Veterans Affairs

www.veterantraining.va.gov/aims

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