



AIMS

ANGER & 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.

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.

How do I get started? AIMS is free and available to the public. You can take it anonymously at the time of your choice, no registration is required. 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.

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

What's in the course? AIMS contains videos from Veteran Mentors sharing their experiences with anger and how the course has benefited them. AIMS helps you understand what makes you angry and gives you practical tools to manage what you do and say when you get angry. You can go through the course at your own pace doing as much or as little as you like but we recommend doing one module per week.



U.S. Department
of Veterans Affairs

For more information, visit
www.VeteranTraining.va.gov/AIMS
or email us at AngerManagement@va.gov