

**TABLE 13.6** Components of Interventions to Reduce Aggression

Component	Skills to Be Acquired
Social perspective-taking skills	<ul style="list-style-type: none"> <li>• Social acuity: ability to accurately read nonverbal behavior</li> <li>• Empathic concern: genuine concern and care for other people's feelings and their well-being</li> </ul>
Cognitive/behavioral skills	<ul style="list-style-type: none"> <li>• Social skills (politeness, control over impulsive behavior, generosity)</li> <li>• Conflict avoidance: ability to anticipate areas of potential conflict and take steps to avert problems before they arise</li> <li>• Conflict resolution: ability to generate and enact nonviolent solutions to problems that arise</li> </ul>
Anger management	<ul style="list-style-type: none"> <li>• Ability to recognize physical cues of anger and to begin relaxation before anger becomes too intense</li> <li>• Acquire strategies designed to keep anger from being expressed (e.g., count to 10; distract instead of ruminate)</li> <li>• Attributional retraining: refrain from assuming hostile intent on the part of others when potential conflicts arise</li> </ul>