.

**situation**: CSW met Ms. Davina at her house at 1630 27th st SE DC, Davina was properly dressed, Davina 's mood was flat and guarded. CSW will assist Davina in developing the ability to recognize the triggers that lead to angry explosions, learn, and implement anger management skills

**Intervention:** Csw assisted Davina by talking to her future landlord and get back to Davina to let her understand if she’s on the same page with the landlord since she going to move on few days in the new house. Csw educated Davina to give time to her 4 kids because she’s always abandoned them to her boyfriend and go stay out for weeks before comeback in the house. Csw educated Davina to stay home and give the good education to her kids before they grow and become useless in the society.

Csw educated Davina in chemical substance abuse. Csw encourage her on stopping consume drugs by explain her the danger drugs have in human health. Destruction of her heart that can lead her in heart attack, Destruction of her entire body that can taking her life.

CSW used active reflective listening while Davina described being angry and have an outburst towards her friend. CSW assisted Davina in identifying triggers of outburst with Davina on creating a list by tasking to list things that lead to outburst. CSW educated Davina that one way to deal with triggers is to avoid them. CSW worked Davina on developing a plan to cope with triggers such as avoiding touchy conversation when she is tired and upset.

CSW worked with Davina on identifying pattern of her outburst by guiding her on how to use anger log. CSW guided Davina on using a log by encouraging her take a few moments to record her experience .CSW used role plays developing a anger log by guiding her through each step ( describing what happened before the anger , describing how she is feeling then describing facts of what happened and events that triggers her anger and how did she reacted when angry , did her reaction change as the event continue to unfold , and what were her thoughts and feelings during anger episode ).

**Response: Davina stated she’s start taking chemical substance since she was under 15-year-old because she’s didn’t have father and her mother wasn’t good financially to take care of her and her siblings. Davina stated that she will trying stopping taking drugs because she’s known he ruin her financial to.** Davina was engaged in identifying triggers of anger. Davina worked with Davina on developing a plan to overcome anger. Davina learned how to use journaling as way to record her triggers. Davina was interactive and engaged in identifying skill she can use to deal with conflict.

**Plan**: CSW planned with Davina goal for next session.