

## **Coping with Anger Worksheet**

Name \_\_\_\_\_ Date \_\_\_\_\_

1. **What event or problem is making me feel angry?**
  
2. **What are the signals that tell me I am angry?**
  - a. Body signals
  
  - b. Thought signals
  
  - c. Action signals
  
3. **What can I do to relax my body?**
  
4. **What can I say to myself to control my thoughts?**
  
5. **What effective action can I take to deal with the situation or solve the problem?**
  
6. **Coping with Anger Rating** (circle one)
  - a. Didn't try to cope with anger at all.
  - b. Sort of tried to cope with anger, but it didn't really work.
  - c. Tried hard to cope with anger, but it didn't really work.
  - d. Tried hard to cope with anger, and it worked.