

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# ANGER MANAGEMENT

What made me feel angry?

I feel this in my body when I get angry

I have these thoughts when I get angry

I do these things when i get angry

## Coping skills

Check at least three of the coping skills that you could use to help manage your anger.

☐ Counting to 10

☐ Talking to a friend

☐ Breathe deeply

☐ Listen to calming music

☐ Take a timeout

☐ Going for a walk

☐ Do some exercises

☐ Repeat a calming word "Relax"

☐ Drink water

other: \_\_\_\_\_

other: \_\_\_\_\_

other: \_\_\_\_\_