

# Anger Management CYCLE

List three situations, topics, or people that often leads to you feeling angry:

(ex. arguing with your partner about money, dealing with authority, poor drivers)



What do you do when you're angry? List ways in which you act differently when angry:

(ex. shouting, arguing, throwing or breaking objects, become physically aggressive)



Have you ever run into problems because of your anger? If so, list them:

(ex. damaged relationships, reprimanded at work, public altercations)

