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.