

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.