

A PLAN FOR DEALING WITH ANGER

Make a plan. Write down one of the situations from your anger scale. Choose one that causes you to feel a little angry. Describe how you would like to react in the future to this situation.

Choose a situation near the top of your anger scale. Describe how you would like to react to a situation like this.

What negative behavior do you most want to avoid when you experience anger?

What will you do instead?

What will you do when you experience your early warning sign of anger?

How will you handle situations when you feel very angry?
