

Name \_\_\_\_\_ Date \_\_\_\_\_

## ANGER MANAGEMENT

<p><b>TRIGGERS</b> List events, people, or situations that trigger your anger</p>	
<p><b>EMOTIONS</b> What emotions do these triggers make you feel?</p>	
<p><b>ACTIONS AND BEHAVIORS</b> How do these emotions affect what you do?</p>	
<p><b>LIST THE NEGATIVE CONSEQUENCES OF WHAT YOU DO</b></p>	
<p><b>LIST MORE CONSTRUCTIVE OPTIONS</b></p>	
<p><b>LIST THE MOST LIKELY RESULTS OF THE MORE CONSTRUCTIVE OPTIONS</b></p>	