

COGNITIVE BEHAVIORAL THERAPY ANGER MANAGEMENT WORKSHEET

Fill in the table related to your anger. Think and write about the ways in which you can express your anger in a healthy and less harmful way.

Identify and write the triggers for your anger	Why are these triggers for you?	Write the feelings that these triggers cause	Write the physical sensations that these triggers cause	How do you express your anger when you are faced with these triggers?	Think of the way and write about how can you express your anger in a helpful and healthy way