

Anger Management worksheets can be useful tools in dealing with stressful problems, people or events. The expression of negative emotions can have lasting effects on your career, your family or close friends. If access is an obstacle to anger management counseling or resources, these helpful guides done on your time may help you cope. You can download many excellent worksheets that are free of charge from the Internet to start with.

Anger can be identified in two ways: through the display of physical and mental symptoms. Physical symptoms can run the gamut from sweating, sudden blushing, hyperventilation, migraines, muscle spasms, sudden swearing or yelling. Mental symptoms include but are not limited to a lack of concentration, being short-tempered, thoughts of doing harm to yourself and others, lack of sleep and even depression.

In the short term, there are quick options of coping with sudden and disagreeable events. Walking away is one, distracting yourself is another; exercising on a regular basis, counting to ten and breathing deeply work too. Having a sympathetic friend as a sounding board does wonders too.

Knowing the triggers that cause anger in the first place is the next step and this is when the worksheets can be used. Is it an unbearable workload, an impossible child or a mean boss? It is important to know what makes you angry so that the next time you find yourself in the same situation, you can plan your emotional response in advance. This can help you reclaim a measure of control.

Once you have written down what are your triggers, then you can think of ways of how to avoid counterproductive expressions. Think about the past when you got upset and ask yourself was it an effective way to resolve the problem? When you bought a defective product at a store, did you blame the person who sold you the product or did you direct your anger at the manufacturer of said product. Would all the yelling in the world made a difference in fixing the product? Maybe a polite approach would have yielded. Think of alternative methods in handling this problem. Write them down on the worksheet and try using them the next time.

Finally, visualize the handling of a difficult problem or person. Make an appointment to talk to the person about the problem at hand. Avoid rehashing the past or blaming anyone. Remain calm and try to resolve the problem at hand.

Successful management of anger and stress can be achieved through practice, practice and more practice. Writing down strategies of coping in difficult encounters and comparing the results with those in the past gives you insight in your own behavior. Empathize, do not lose your cool and be willing to bend and give shows a resourcefulness on your part. You will be amazed at your own creativity.

"Anger Management Programs - How To Manage Anger And Reclaim Your Life" is available from The Self Help Book Shop