
Anger Management Worksheet #1-1: Steam Journaling Angry Conversations (Skill 1)

Step 1 is Steam Journaling: On five different occasions over a 3 day period, write out your angry thoughts for 15 minutes without stopping to evaluate or judge your thoughts. Your total minutes of writing should be at least 1 hour and 15 minutes.



Step 2 is reading over what you wrote at the end of 3 days and then answering these questions:

QUESTION 1: IF I FORGET ABOUT BLAME, WHAT ACTIONS ARE IN MY POWER TO REDUCE THE TENSION OF THIS SITUATION IN A POSITIVE WAY?

QUESTION 2: WHAT ARE MY FEARS ABOUT TAKING ONE OR MORE POSITIVE STEPS TO IMPROVE THE SITUATION?

EXAMPLES OF FEARS:

- I'm afraid to speak up for what I need or want.
- I'm afraid I will lose face, if I apologize for any of it.
- I'm afraid of his or her reaction.
- I'm afraid he or she will twist my words and use them against me.
- If I take responsibility for any of it, then he/she will think I'm weak.