

SESSION III

ANGER MANAGEMENT HOMEWORK

Do you know your own anger triggers? Your anger style? When you're angry about something or at someone, are you likely to end up with the results you want?

Fill out this worksheet for at least **three** incidents that took place recently. You don't need to share these with anybody else. They are only intended to help you.

What made me angry? (Trigger)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How did I react? (Anger Style)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What was the result of my reaction?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Am I satisfied with this result?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What response might have led to a better result?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_