

Name: _____

Date: _____

ANGER MANAGEMENT

Rate yourself by coloring each box using color code below

Blue for strong, yellow for okay or red for needs work.

- ☐ I never slam doors, throw things, hit, kick, or get aggressive when I am mad.
- ☐ I avoid saying mean things to others when I am mad.
- ☐ Little things don't bother me that much.
- ☐ I talk positively when I am angry.
- ☐ I don't get angry very easily.
- ☐ My anger does not impact my relationship with my friends, or other kids.
- ☐ I have a positive attitude toward myself.
- ☐ I never feel regret, sadness, frustration, or disappointment in myself after I get angry.
- ☐ I never have conflict with my family, or get in trouble at home due to my anger.
- ☐ I manage my impulses, and make good decisions when I am angry.
- ☐ I get over my anger quickly.
- ☐ I avoid arguments with others.
- ☐ I rarely or never raise my voice in anger.

If you improved two areas above, which two improvements would have the greatest impact on your life?

What strategies or coping skills can you use to better manage your anger?