

Name: _____

Date: _____

ANGER MANAGEMENT

Directions: This worksheet will help you identify what triggers your anger and how to best cope. Write things that make you angry and fill the column below.



I know I am angry when:

I have these thoughts when I get angry

What I need to do when stressed is:

Some helpful resources are:

Coping Skills

- | | | |
|--|---|--|
| <input type="checkbox"/> Breath deeply | <input type="checkbox"/> Listen to music | <input type="checkbox"/> Calm word |
| <input type="checkbox"/> Take a walk | <input type="checkbox"/> Exercise | <input type="checkbox"/> Watching TV |
| <input type="checkbox"/> Drink water | <input type="checkbox"/> Talking to a friend | <input type="checkbox"/> Eat some foods |
| <input type="checkbox"/> Counting 1 to 10 | <input type="checkbox"/> Take a timeout | <input type="checkbox"/> _____ |