



Name : _____ Date : _____



ANGER MANAGEMENT

What are some strategies you have used to try to manage, avoid, fight, or change your anger?

Strategy 1	Strategy 2	Strategy 3

What were the results of each effort in the short term?

Strategy 1	Strategy 2	Strategy 3

What were the results of each effort in the long term?

Strategy 1	Strategy 2	Strategy 3

Have any of these strategies improved your life? How?

Strategy 1	Strategy 2	Strategy 3