

The 3R's Anger Workbook

Recognize | Reflect | Respond

A simple workbook for slowing anger down before it takes over.

Bodhi Life Balance Mental Health Workbooks

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Use this when anger is rising.

This workbook is for moments when anger is getting too loud. You do not have to do it perfectly. Just do the next small step.

The goal is not to never feel angry.

The goal is to slow down enough to stay safe, think clearly, and choose what happens next.

The 3R's

1. Recognize What is happening?	2. Reflect What do I need to understand?	3. Respond What is the next safe step?
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Safety comes first.

If you might hurt yourself, hurt someone else, or lose control, move away from the situation and get help now.

Call 988 for crisis support or 911 for immediate danger.

Write one sentence about why you are using this workbook.

Quick anger check.

Circle or mark what fits right now.

My anger level is:

Low	Medium	High
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My body feels:

Tense	Hot	Shaky
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My urge is to:

Yell	Leave	Shut down
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What happened right before my anger went up?

What do I need right now to stay safe?

R1: Recognize.

Recognize means I notice what is happening before I react.

My trigger was:

The thought that showed up was:

My body warning signs are:

- ☐ tight chest ☐ clenched jaw ☐ fast heartbeat
☐ hot face ☐ shaking ☐ pacing
☐ loud voice ☐ tunnel vision ☐ other: _____

The first sign I am getting angry is usually:

R2: Reflect.

Reflect means I slow down and look at the anger before I decide what to do.

What are the facts?

What story is my anger telling me?

What else could be true?

Under the anger, I may be feeling:

☐ hurt ☐ scared ☐ disrespected ☐ embarrassed
☐ ignored ☐ powerless ☐ tired ☐ overwhelmed

What do I actually need?

R3: Respond.

Respond means I choose the next safe action instead of letting anger choose for me.

Before I speak or act, I can:

- ☐ lower my voice
- ☐ step away for 10 minutes
- ☐ drink water
- ☐ put my phone down
- ☐ ask for space
- ☐ call someone safe

The safest next step is:

The words I can use are:

I am angry, and I need a minute.
I want to talk, but not while I am this upset.
I am going to step away so I do not make this worse.

My response plan for this situation:

Choose the response that protects your future.

Anger often wants a fast reaction. The 3R's help you choose a response you can live with later.

If I react, I might:

If I respond, I can:

One thing I will not do is:

One thing I will do instead is:

After I cool down, I can repair by:

3R practice page.

Use this page after an anger moment or when you feel one building.

Recognize: What set me off?

Reflect: What was I really feeling or needing?

Respond: What is the next safe choice?

What helped me stay in control?

My 3R anger card.

Fill this out when you are calm. Use it when anger starts rising.

My early warning signs are:

My top three triggers are:

1.

2.

3.

When I am angry, I need to remember:

People I can contact:

Friend:

Partner:

Family:

My safest next step is usually:

One-page 3R reset.

Use this page when you do not have time for the full workbook.

Recognize: I notice that I am angry because:

Reflect: The feeling under my anger may be:

Respond: My next safe step is:

I can get through this moment without making it worse.

Pause. Breathe once. Step back. Choose the next right action.