

S U P A R N A S E N G U P T A

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ANGER MANAGEMENT EXERCISES

HOW TO CONTROL ANGER: PRACTICAL
STRATEGIES FOR REAL-LIFE TRIGGERS



THIS TOOLKIT IS DESIGNED TO HELP YOU IDENTIFY, UNDERSTAND, EXPRESS, AND MANAGE YOUR ANGER IN A HEALTHY, EMPOWERING WAY.

STEP 1: AWARENESS – Spot the Signs Early

- What are your early anger signs?

(✓ Check all that apply)

1. ☐ Clenched fists
 2. ☐ Shaky hands
 3. ☐ Tight chest
 4. ☐ Racing thoughts
 5. ☐ Increased heart rate
 6. ☐ Snapping or sarcasm
 7. ☐ Withdrawal or silence
- Describe what happens in your body and mind when you start to feel angry:
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STEP 2: CALMING – Cool the Fire

- Try one of these techniques next time you feel the heat rising:
 1. ☐ Box Breathing – 4 in | 4 hold | 4 out | 4 hold (repeat x4)
 2. ☐ Cold Water Splash – Face, wrists, neck
 3. ☐ 5-4-3-2-1 Grounding Exercise
 4. ☐ Walk it out – Remove yourself for 2–10 minutes
 - Which technique worked best for you recently and why?
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STEP 3: COGNITIVE REFRAMING – Change the Story

Trigger Situation:

- “What happened that made you feel angry?”

Your initial thoughts:

- “What were you telling yourself about the situation?”

Reframed thought:

- “What else could this mean?”
- “How would a calm version of me interpret this?”

STEP 4: ASSERTIVE EXPRESSION – Speak with Intention

Anger Communication Formula:

(I felt [emotion] when [event] happened because [impact].

What I need is [request])

- Your script using the formula:

I felt _____

when _____

because _____

What I need is _____

- Practice saying it out loud or journaling it in difficult situations.

STEP 5: PREVENTION – Daily Emotional Regulation Habits

- Tick what you practiced this week:
 1. ☐ Daily movement (walk, stretch, gym)
 2. ☐ 7–8 hours of quality sleep
 3. ☐ Journalled emotions or triggers
 4. ☐ Protein-rich or balanced breakfast
 5. ☐ Meditated or paused for reflection

Reflection:

- “What habit helped you stay more emotionally balanced this week?”
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BONUS SECTION – Healing the Deeper Roots

- What past event or pattern might be making your anger more intense today?

(E.g., feeling dismissed, disrespected, abandoned)

Self-Compassion Reminder:

- Write a kind sentence to yourself in this moment:
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WEEKLY CHECK-IN (Fill out every Sunday night)

1. This week, my average anger intensity was:
2. ☐ Low ☐ Moderate ☐ High
3. I handled anger this week:
4. ☐ Reactively ☐ Mindfully ☐ A mix
5. One thing I want to improve next week is:

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