



# **Anger Management Worksheet**

Anger is a normal emotion, but when it becomes overwhelming or difficult to control, it can negatively impact relationships, decision-making, and overall well-being. This worksheet will help you explore your anger, understand its triggers, and develop healthier ways to manage it.

## **Step 1: Identify Your Anger**

1. What situation or event triggered your anger? Describe it briefly:

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2. How did you feel physically when you were angry? (e.g., tense muscles, rapid heartbeat, clenched fists)

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3. What thoughts ran through your mind during this moment?

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## **Step 2: Understand the Root Causes**

1. Is your anger related to unmet expectations, past experiences, or current stressors? Write down any possible causes:

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2. What other emotions might be underlying your anger? (e.g., hurt, fear, frustration)

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## **Step 3: Assess the Impact**

1. How did your anger affect your behavior? (e.g., yelling, withdrawing, overreacting)

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2. How did your anger affect others involved? (e.g., hurt feelings, miscommunication)

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3. What consequences resulted from your anger? (e.g., strained relationships, regret)

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## **Step 4: Practice Healthy Coping Strategies**

1. When you start to feel angry, what are some physical techniques you can use to calm down? (e.g., deep breathing, walking away)

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2. What are some mental strategies you can use to reframe your thoughts? (e.g., positive self-talk, considering other perspectives)

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3. List 3 activities that help you relax or release tension:

○ Activity 1: \_\_\_\_\_

○ Activity 2: \_\_\_\_\_

○ Activity 3: \_\_\_\_\_

## **Step 5: Create an Anger Management Plan**

1. What warning signs indicate that your anger is building? (e.g., clenching teeth, raised voice, increased heart rate)

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2. What steps will you take to respond more constructively to your anger? (e.g., taking a break, writing in a journal, talking to someone you trust)



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3. Who can you reach out to for support when you're feeling angry?

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## **Step 6: Reflect and Learn**

1. Think of a time when you managed your anger well. What did you do that helped?

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2. What did you learn from that experience that you can apply in the future?

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3. After completing this worksheet, what is one new strategy you will commit to trying?

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**Anger is a natural emotion, but learning to manage it effectively takes practice and patience. By understanding your triggers and developing healthy coping strategies, you can take control of your anger and use it in ways that serve you rather than harm you.**

**Remember: It's okay to feel angry, but how you respond is what truly matters.**