

**ANGER** D.I.Y.SELF-CARE WORKSHEET  
Invest 45min - 60 min on yourself

Managing your anger doesn't mean never getting angry. Instead, it involves learning how to recognize, cope with, and express your anger in healthy and productive ways.

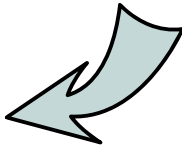
**SCAN TO USE GUIDED SESSION VIDEO INSTEAD**



VISUALIZE A TREE BEING PULLED UP BY THE ROOT AND IT NO LONGER FLOURISHING!!

Step 1

**BRIEFLY THINK OF A SITUATION YOU CAN'T LET GO OF**



- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

**BELIEFS/MINDSETS**

*just breathe*

- How strongly do you believe that your anger is righteous or warranted?
- Do you believe anger is an indication of how much you are right?
- Do you believe anger can be completely released?

# STEP 2 DISTRACTION

## School Life

B	L	A	C	K	B	O	A	R	D	E	S	K	N
R	C	R	T	E	K	E	P	R	R	T	D	E	U
N	S	S	E	S	G	L	U	E	S	T	I	C	K
E	S	N	H	S	O	A	E	T	O	A	G	R	R
A	C	A	O	A	A	K	K	T	E	K	J	A	O
C	I	H	L	T	R	R	N	I	E	P	H	Y	T
S	S	K	L	O	E	P	E	L	A	E	O	O	A
R	S	I	S	P	A	B	E	G	P	N	M	N	L
E	O	K	K	Y	S	I	O	N	M	S	E	S	U
K	R	A	O	O	L	A	A	O	E	S	W	A	C
R	S	C	O	M	P	A	S	S	K	R	O	A	L
A	A	E	B	N	A	O	S	A	S	K	R	K	A
M	B	K	C	A	P	K	C	A	B	E	K	P	C
E	A	O	L	R	S	J	O	U	R	N	A	L	S

GLITTER  
SHARPENER  
HOMEWORK  
JOURNAL  
ERASER  
BLACKBOARD  
NOTEBOOK  
BACKPACK  
CRAYONS  
SCISSORS  
GLUE STICK  
MARKERS  
BOOKS  
CALCULATOR  
COMPASS  
PENS

WORD SEARCH

## STEP 3

NOW IMAGINE SOMETHING VERY  
HAPPY YOU HAVE EXPERIENCED



ANGER WHEN USED IN  
A HEALTHY WAY IT  
RELEASES. IT  
ACCOMPLISHES A  
PURPOSE TO POSSIBLY  
EXPRESS OR RIGHT A  
WRONG

FOOD FOR  
THOUGHT

**STEP 1** Pay attention to how your body responds when you start feeling angry.

- Do you clench your teeth or fists?
- Do you start breathing heavy?
- What your triggers are there and notice how your body reacts.

*just breathe*

## STEP 2 DISTRACTION

WRITE DOWN "15" HAPPY EMOTION WORDS

OR

LISTEN TO  
YOUR FAVORITE  
HAPPY SONG

## STEP 3

NOW IMAGINE SOMETHING THAT  
MAKES YOU LAUGH OR IMAGINE A  
OSTRICH IN A HAT DANCING



LAUGHTER, FUNNY JOKES

VISUALIZE IT  
FEEL IT

### Food For Thought

#### TYPE S OF ANGER

- Assertive. Assertive anger uses feelings of frustration for positive change. ...
- Behavioral. Behavioral anger is expressed physically and is usually aggressive.
- Chronic. ...
- Judgmental. ...
- Overwhelmed. ...
- Passive Aggressive. ...
- Retaliatory. ...
- Self-Abusive.

STEP 1 - WHAT IS CAUSING LINGERING ANGER EMOTIONS? HOW LONG DO YOU STAY ANGRY? WHAT ACTIONS DO YOU DO? DO YOU FEEL USED/TAKEN ADVANTAGE OF/HURT FEELINGS?

Empty box for notes.

## STEP 2 DISTRACTION

GET UP & DANCE TO FAVORITE UPBEAT SONG

OR

WRITE DOWN 15 FRUIT

Empty box for activity.

## STEP 3

NOW IMAGINE SOMETHING VERY CALMING YOU HAVE EXPERIENCED



FEEL CALMNESS FOR 30 SECONDS

CHECK IN ON HOW YOU FEEL ABOUT "ANGER?"



10-9



8-5



4-2



1

Scale for checking in on anger levels.

STEP 1 - WHAT IS THE WORSE OF THIS ANGER? DO YOU HAVE IMAGES IN MIND BY ANYTHING CONNECTED TO ANGER? DO YOU FEEL ANGER CONTROLS YOU?



## STEP 2 DISTRACTION

### SCATTEGORIES

1. THINGS IN FOREST
2. TYPE OF CANDIES
3. SOMETHING YOU DRINK
4. CITY
5. OCCUPATION
6. SOMEPLACE YOU SPEND MONEY
7. NAME AN ELECTRONIC DEVICE
8. 6-7 LETTER WORD
9. VEGETABLE OR FRUIT
10. NAME OF FLOWER
11. SOMETHING YOU BORROW?
12. STATE

SELECT A LETTER AND WRITE DOWN AN ANSWER THAT STARTS WITH THAT LETTER

A B C D E F G H I J  
L M N O P Q R S T U  
V W X Y Z

1. \_\_\_\_\_ 7. \_\_\_\_\_
2. \_\_\_\_\_ 8. \_\_\_\_\_
3. \_\_\_\_\_ 9. \_\_\_\_\_
4. \_\_\_\_\_ 10. \_\_\_\_\_
5. \_\_\_\_\_ 11. \_\_\_\_\_
6. \_\_\_\_\_ 12. \_\_\_\_\_



NOW IMAGINE SOMETHING VERY HAPPY YOU HAVE EXPERIENCED (FEEL IT)



STEP 1 - WHO SHOWED YOU HOW TO BE ANGRY? WHAT SITUATIONS DO YOU REMEMBER? WHO GOT ANGRY WITH YOU? DO YOU SEE THEIR FACES OR HEAR THEIR WORDS?

*just breathe*

## STEP 2 DISTRACTION

### FIND A WORD

#### Ice Cream Flavors

M	O	T	T	O	W	R	A	R	A	B	N	D	I
A	A	Y	R	R	V	T	S	T	N	C	A	L	Y
P	G	G	I	E	A	K	T	A	A	O	T	I	E
L	P	C	P	I	N	G	R	O	N	O	I	A	K
E	S	N	L	R	I	C	A	T	A	K	L	T	O
W	E	R	E	F	L	H	W	U	B	I	O	R	P
A	S	O	T	U	L	O	B	N	I	E	P	E	Y
L	E	C	O	D	A	C	E	O	N	D	O	G	E
N	E	K	R	G	A	O	R	C	A	O	E	I	K
U	R	Y	N	E	N	L	R	O	C	U	N	T	O
T	Y	R	A	A	N	A	Y	C	E	G	I	D	H
I	N	O	D	N	O	T	O	A	P	H	C	E	I
T	N	A	O	S	A	E	T	N	E	E	R	G	R
A	T	D	C	O	T	T	O	N	C	A	N	D	Y

TRIPLE TORNADO  
REESES  
NEOPOLITAN  
CHOCOLATE  
STRAWBERRY  
COTTON CANDY  
COCONUT  
ROCKY ROAD  
COOKIE DOUGH  
TIGER TAIL  
GREEN TEA  
HOKEY POKEY  
MAPLE WALNUT  
FUDGE  
PECAN  
BANANA  
VANILLA

### WORD SEARCH



OR

IMAGINE  
A HAPPY  
PUPPY!!

NOW THINK OR IMAGINE  
SOMETHING VERY  
GLEEFUL YOU HAVE  
EXPERIENCED (FEEL IT)

STEP 3



STEP 1 - DO YOU FEEL ANY SENSATIONS IN YOUR BODY? ARE YOU HAVING MIXED FEELINGS? ANGER FEELS LIKE WHAT?

*just breathe*

## STEP 2 DISTRACTION

### SCATTEGORIES

1. THINGS THAT ARE ROUND
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. COSTS UNDER \$5.00
6. SOMEPLACE YOU SPEND MONEY
7. TYPE OF CLOTHING
8. POSITIVE WORD
9. SOMETHING IN OCEAN
10. FLOWERS
11. SPORT
12. COLOR

SELECT A LETTER AND WRITE DOWN 2 ANSWERS THAT STARTS WITH THAT LETTER

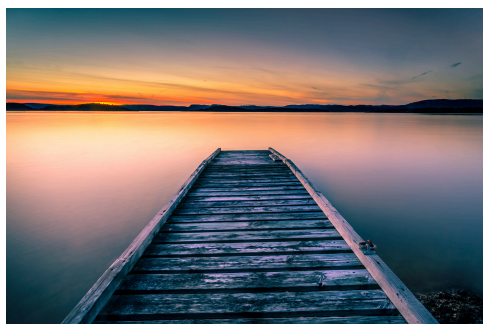
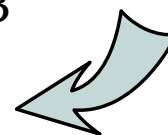
2 ANSWERS

A B C D E F G H I J  
L M N O P Q R S T U  
V W X Y Z

1. \_\_\_\_\_ 7. \_\_\_\_\_
2. \_\_\_\_\_ 8. \_\_\_\_\_
3. \_\_\_\_\_ 9. \_\_\_\_\_
4. \_\_\_\_\_ 10. \_\_\_\_\_
5. \_\_\_\_\_ 11. \_\_\_\_\_
6. \_\_\_\_\_ 12. \_\_\_\_\_

### STEP 3

NOW FEEL OR IMAGINE SOMETHING VERY SERENE YOU HAVE EXPERIENCED



STEP 1 - WHO ARE YOU STILL ANGRY AT AND WHAT ARE YOU STILL ANGRY ABOUT? WHO IS NOT FORGIVEN?

*just breathe*

# STEP 2 DISTRACTION

HOW MANY WORDS CAN YOU MAKE FROM THE WORD BELOW?

## SCATTEGORIES

### EXAMPLE

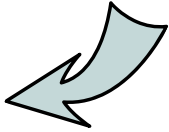
Gate  
Tag  
Crate

- 1. \_\_\_\_\_ 7. \_\_\_\_\_
- 2. \_\_\_\_\_ 8. \_\_\_\_\_
- 3. \_\_\_\_\_ 9. \_\_\_\_\_
- 4. \_\_\_\_\_ 10. \_\_\_\_\_
- 5. \_\_\_\_\_ 11. \_\_\_\_\_
- 6. \_\_\_\_\_ 12. \_\_\_\_\_

### STEP 3



NOW FEEL OR IMAGINE SOMETHING VERY CUTE





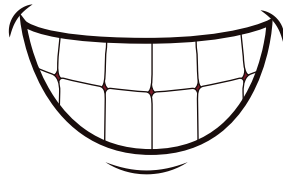
## ANGER

*just  
breathe*

WILL YOU FEEL BAD IF LET GO OF ANGER? WHAT REMAINS? WHY YOU SHOULD KEEP ANGER?

STEP 2 - SAY THIS TONGUE TWISTER..3 TIMES OUTLOUD. EACH TIME GETTING FASTER

I THOUGHT A THOUGHT. BUT THE THOUGHT I THOUGHT WASN'T THE THOUGHT I THOUGHT I THOUGHT. IF THE THOUGHT I THOUGHT I THOUGHT HAD BEEN THE THOUGHT I THOUGHT, I WOULDN'T HAVE THOUGHT SO MUCH.



STEP 3 - SMILE AND COUNT TO 30....  
BIG SMILE!

**GREAT JOB!!!**

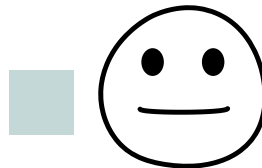
## SELF EVALUATE



Still Difficult



Some areas better



It FEELS BETTER



i FEEL GOOD

CONGRATULATIONS - IF  
ZERO OR 1 IN LEVEL OF  
EMOTION!

DO FLIP MEMORY VIDEO  
OF A SITUATION THAT  
ANGERED YOU!



APPRECIATE THIS WORKSHEET?  
GIVE A 5 STAR REVIEW!!  
ALREADY LEFT US A REVIEW? UPDATE IT!



INTERESTED IN HELPING OTHERS  
RECEIVE THIS VITAL RESOURCE  
BECOME A \$5 A MONTH SUPPORTER!!

SUPPORT