



ANGER MANAGEMENT WORKSHEET

1. What are some events, people or situations that trigger you?
2. What emotions do you experience as a result of these triggers?
3. How do these emotions tend to affect your actions or behaviors?
4. What are the negative consequences that sometimes happen for you or others affected by these actions or behaviors?
5. What are other, more constructive actions or behaviors you could take?
6. What would most likely be the results for you if you acted or behaved in this way, instead?
7. Which regulation strategies are you going to try when you are triggered in the future?
8. When you are upset, frustrated, stressed or angry and need help regulating your emotions, who are the people you can turn to for support?