

Anger Management worksheets pdf

My Anger Triggers:

- Abusive language.
- Labeling, shaming, blaming.
- Physical threats.
- Insults.
- Injustice.
- Disrespect.
- Violation of your personal space.
- Please write:

Signs and symptoms of my Anger?

- Physical Violence
- Arguing with others
- Feel like hitting someone
- Anger Outburst
- Chest Pain
- Headache
- Acting out
- Any other
- Please write:

Causes of my Angry

- Alcoholism
- Substance Abuse
- Observed anger at some abusive relationships
- Any history of physical abuse/trauma
- Addiction
- Growing up in an unsafe environment
- Any other
- Please write:

Consequences of my Anger

- Family Dispute
- Relationship Issues
- Low self-esteem
- Loneliness

- DepressionVicious cycle
- Any other.
- Please write:

Activities I do distract myself before having an anger burst.

- Change the topic of the discussion.
- Avoid triggering factors.
- Do exercise
- Try to tolerate
- Try to ignore
- Any Other
- Please write:

Things I do to control my anger?

- Call my friend
- Escape the situation
- Go for a walk
- Deal with it
- Don't listen to anyone
- Isolate me.
- Any Other
- Please write:

Now think and try to make a healthy plan or alternative way of showing your anger so that you don't get embarrassed.