

Anger Management worksheets pdf: Version 2



Step back

Collect yourself from the moment, distancing yourself



Think

Identify a space where you can think clearly and independently



Organise your Thoughts

Order your thoughts, priorities and actions for a "conscious decision"



Proceed

Now that your next steps are clear, focus on one thing and take a small step at a time

Gain clarity:

What am I trying to accomplish?

What is the priority?

What do I need?

How and what am I feeling?

What could be the consequences?

Stop and Step back	Think about other possible ways	Organize your thoughts, take conscious decisions	Proceed now, after careful consideration.