

## Anger worksheets for adults: Version 2

### Triggers and things that make you angry and react:

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### What I feel (different/mixed emotions) when I get angry:

Physical and psychological symptoms that I feel when I get angry.

Physical Signs	Psychological Signs

### Distraction techniques to walk away from anything that makes you angry:

Distraction is one of the most crucial steps, walk away from the situations that can trigger your anger.

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### Time out to re-think and re-evaluate:

Taking time out to rethink and see how things are going is very important so. Whenever you feel angry and get out of control, get yourself out of that particular situation. If there are people in a gathering, just make any excuse and give yourself some time.

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### Consequences of my behavior/action if I react irrationally and angrily.

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**Any other better way of reacting:**

**Think about the consequences**

Before bursting out, always think about what will happen if you shout and create a scene.  
What will happen if I will react like this?

**Healthy Coping Skills to practice:**