

COGNITIVE BEHAVIOURAL THERAPY ANGER MANAGEMENT WORKSHEETS: VERSION 2

Fill in the table related to your anger. Think and write the ways in which you can express your anger in healthy and less harmful ways.

Trigger	Thoughts that make me angry	Feelings	Rate the intensity of your anger (1-10)	Behavior	Consequence
My boss yelled at me	He is so annoying	Anger	8	I left the room	Explanation call from my boss.



Developing healthy alternative thoughts and behaviors

Trigger	Healthy alternative thoughts	Feelings	Rate the intensity of your anger now (1-10)	Behavior	Consequence
My boss yelled at me	Must be having a bad day	Curious	5	Call your boss to ask the reason	Issue resolved, no fight