

Constructive Emotion Regulation Worksheet (ANGER)

Anger affects us both ways psychologically as well as physiologically. Record the symptom by encircling the signs that you feel whenever you are angry or feel irritated.

Physical Symptoms	Psychological Symptoms
Painting	Feel Dizzy
Nausea	Feel like losing control
Stomach Ache	Go quiet
Headache	Feel alone, isolate me
Sweating	Feel hurt
Clench my fists	Feel like throwing stuff
Any other	

Whenever you feel angry and feel these warning signs, regulate your emotions by controlling your anger.

STOP SKILLS

- S-Stop-Self Reflect**-Before getting angry at someone, STOP yourself. Think hard before making any decision.

- T-Take A Step Back**- Time to self-reflect, self analyze, take a breath.

- O-Observe:** Think hard before throwing any tantrum. Take a step back from the situation, carefully do a cost & benefit analysis.

- P-Proceed:** Be mindful of your actions. Put some sense and perspective in your mind. See the bigger picture. Practice the best possible outcome.

