

Coping Skills: Anger Worksheet

Know your triggers:

First of all, you should know what triggers you:

- Injustice.
- Disrespect.
- Violation of your personal space.
- Abusive language.
- Labelling, shaming, blaming.
- Physical threats.
- Insults.

Know the signs and symptoms of my Anger?

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

COPING SKILLS

Time out: This simply means removing yourself from the situation for a period of time, to give yourself a chance to cool down and think things through before you act., when you notice yourself becoming angry during an argument with your partner, say “I need to take time out, let’s talk about this calmly when I get back” and then go for a walk.

Distraction: If you cannot change the situation, it can help to distract yourself from whatever is making you angry by counting to 10, listening to music, calling a friend to chat about something else, or doing housework. For example, if you are stuck in traffic and getting angry, put on the radio and try to find a song you like, or count the number of times the chorus is sung.

Silly humor: While it is not always possible to just ‘laugh your problems away’, you can often use humor to help you to take a step back from your anger. For example, if you are angry with a colleague and refer to them as a stupid clown, think about what this means literally. Imagine or draw them dressed in a clown suit, with big shoes and a red nose. If you picture this image every time they do something which bothers you, it will be much easier to keep things in perspective.

Deep Breathing:

- Sit with your legs uncrossed, good posture, and put your hands on your thighs.
- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit).
- Hold for two seconds, then inhale out gradually through your mouth for five seconds. Repeat for 10 to 15 cycles.

Relaxation by Imagery:

Imagination is also a very important relaxation technique in which you use imagery as a tool to relax your mind and alter your state. In this technique, you are supposed to find a quiet corner where you can sit or lie down comfortably. Sit or lie down (as you like) and imagine being in a happy moment, a happy place where you would love to go. Close your eyes, maintain the temperature of the room by turning on ac or as needed if it's warm. Breathe gently with your nose

Picture in your mind your dream place, forest, beach, a home, childhood memories. You can think about the future or the past too, the memory has to be happy. It can be a food memory too.

Anything that makes you feel happy and relaxed. Try to connect with nature at that very moment. The sounds of the water if you are at a beach or may the rays of the sun, the sound of the wind blowing, or the snow under your feet. The mind has the capacity to take you anywhere it wants to, you just need to shift your focus on that.

You can even try and smell the aromas, the fragrances of flowers, your favourite food, Now feel the changes in your body and feel it getting relaxed. Continue it for at least 20 minutes.