

Printable anger management worksheets for adults: Version 2

- **Seek Support:**

Whenever you feel like it, you better seek and ask for support. Know that life is difficult and predictable.

- **Try to find the solutions:**

Rather than getting stuck and going in circles, you need to find solutions and answers to the problem that you are in.

- **STOP:**

Stop the reaction and Think- give yourself time to reflect, analyze, take a breath, and then Act.

- **Turtle Technique:**

Go into your shell, don't react, and after thinking carefully then take action. Give yourself some time before reciting impulsively.

- **Count to 100**

Whenever you feel getting out of your control and want to react immediately right after the action then start counting, the rule is to count to 10 before you speak. If very angry, a hundred.

- **Anger Busters ball:**

Keep in your bag, some anger balls, soft squishy balls to get away with emotional turmoil. Stress buster balls are a great way of reducing your pain.

- **Connect with nature**

Seek out local organizations that offer outdoor recreation or team-building opportunities. Get close to nature and its bounties.

- **Practice Mindfulness**

Mindfulness refers to the state of being fully aware of your surroundings and present.

- **Set Boundaries:**

If you don't want to talk to someone or go somewhere, be assertive and stare so it is also protecting yourself from unwanted harsh comments.

- **Remove yourself from the situation:**

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.

- **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.

- **Drink a Glass of Water:**

Drink water to calm yourself down, change your position, and take time to think.

- **Walk away from your triggers:**

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

- **Express your opinion, not your Anger**

Always remember that you want your opinion to be heard, an argument for the sake of it will not get you anywhere. During an argument don't raise your tone, you can argue without being aggressive.

- **Go to a quiet Place:**

Go somewhere quiet and calmer, t disengage yourself from any

- **Relaxation Techniques**

Deep Breathing, Progressive Muscle Relaxation, and Yoga are some of the options that you can try whenever you feel that you are unable to control your anger.