



# ANGER MANAGEMENT WORKSHEET

## STEP 1

RATE YOUR ANGER ON THE METER

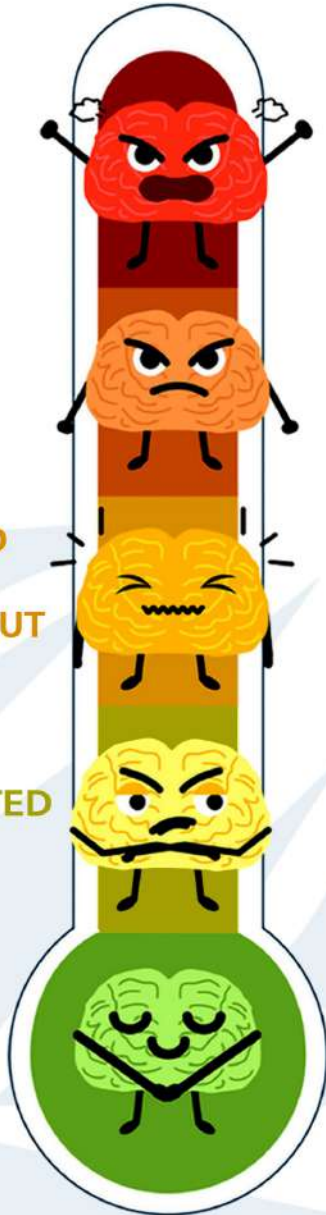
**ENRAGED  
EXPLOSIVE  
FURIOUS  
(8-10)**

**ANGRY  
HOT  
MAD  
(6-8)**

**FRUSTRATED  
IRRITATED  
STRESSED OUT  
(4-6)**

**ANNOYED  
DISAPPOINTED  
UPSET  
(2-4)**

**CALM  
PEACEFUL  
RELAXED  
(0-2)**



## STEP 2

**HOW DO YOU RESPOND?**

IMPULSIVE MELTDOWN,  
YELLING, REFUSING,  
SHUTTING DOWN,  
ARGUING

TIGHTENING FIST,  
NEGATIVE ATTITUDE,  
LOUD VOICE

SHOUTING TONE,  
DISMISSIVE LOOK,  
EXHALE HEAVILY

SMILING, FEELING  
CALM, FOCUSED,  
HAVING A GOOD TIME

## STEP 3

**HOW CAN YOU MANAGE IT?**

 EXERCISE   TAKE A NAP	 STOP & WALK AWAY   COUNT BACKWARDS (10 TO 1)	 SHRED A PAPER   DEEP BREATHING
 MEDITATE   SQUEEZE A BALL	 WRITE A JOURNAL ABOUT YOUR FEELINGS   TAKE A WARM/COLD SHOWER	 DRINK A GLASS OF WATER   BRISK WALK
 GET SOME FRESH AIR   MOVE AWAY FROM TRIGGER	 LISTEN TO MUSIC   TALK TO A FRIEND	 ENJOY A HOBBY   GET OR GIVE A HUG
 SMILE & PRACTICE GRATITUDE   ACTIVE LISTENING	 USE KIND & POSITIVE WORDS   WRITE ABOUT YOUR SUCCESS	 HELP SOMEONE ELSE   TAKE STEPS TOWARDS YOUR GOAL