

Dealing with Anger

By Inner Health Studio

www.innerhealthstudio.com

Inner Health Studio: Coping Skills and Relaxation Resources

These anger management worksheets will help you to identify your anger triggers and find more effective ways to deal with anger.

What is anger?

Anger is an emotion. It is a signal that we think we are being treated unfairly.

Feelings are neither right nor wrong. **It is okay** to feel angry.

Actions can be right or wrong. **It is not okay** to hurt ourselves, others, or property when we feel angry.

So how can we deal with anger and act in healthy ways?

- 1) Recognize anger - know when you are angry and what makes you angry.
- 2) Practice positive responses - practice, practice, practice until your new positive responses become good habits

Quick List of Ways to Cope with Anger

Walk away

Exercise

Talk to someone who you are not feeling angry with

Distract yourself

Count 10 breaths

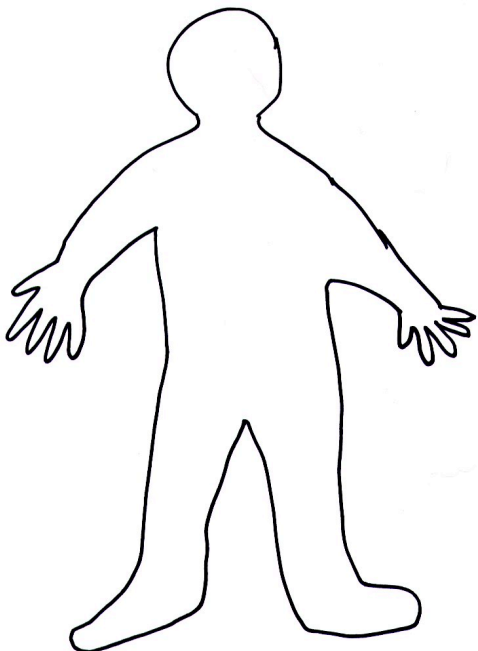
Write about it

Come back and deal with it later when you feel calm

Symptoms of Anger

How do you know when you are angry? All of us have **symptoms** of anger – physical and mental signs that tell us we are angry.

Physical signs	Mental Signs	Other signs
Fast heart beat Sweating Shaking Clenched jaws Clenched fists Fast breathing Headaches Stomach aches Upset feeling in the stomach Tight chest Tense muscles Frowning, scowling Red face	Problems concentrating Confusion Memory problems Thoughts of doing harm Angry thoughts Irritability Short tempered	Yelling Swearing Withdrawing from others Throwing things Pacing



Show in this diagram where you experience anger by shading or circling the area or writing words.

Questions About Your Anger:

How do you know when you are angry?

Where in your body do you feel anger? List your physical signs of being angry.

What is the first sign of anger you notice? List your early warning signs that tell you when you are starting to become angry.

What makes you angry? List all the things you can think of... all the way from small annoyances to big problems.

Anger Management Worksheets by Inner Health Studio

Write the things that make you angry on the scale below, according to how angry they usually make you feel.

How Angry	Situations or events
100 As angry as possible	
95	
90	
85	
80	
75	
70	
65	
60	
55	
50 Moderately angry	
45	
40	
35	
30	
25	
20	
15	
10	
5	
0 Not angry at all	

How You Handle Anger

How do you usually react when you feel angry?

Think about the last time you reacted in an unhealthy or negative way to anger. What happened right before you got angry?

How did you react?

How did you feel after you reacted?

What could you have done instead?

What would happen if you were to react in a more positive way?

A Plan for Dealing With Anger

Make a plan. Write down one of the situations from your anger scale. Choose one that causes you to feel a little angry. Describe how you would like to react in the future to this situation.

Choose a situation near the top of your anger scale. Describe how you would like to react to a situation like this.

What negative behavior do you most want to avoid when you experience anger?

What will you do instead?

What will you do when you experience your early warning signs of anger?

How will you handle situations when you feel very angry?

Practice positive reactions to everyday stresses

Walk away instead of reacting in anger. It's okay to stomp your feet if you need to!

Exercise. This helps get rid of the physical energy that is built up by anger.

Talk to someone who you are not feeling angry with. Phone a friend, relative, or professional. Tell them about what happened and how you are feeling.

Distract yourself. Do something you enjoy, like reading, TV, music, games, going to the store, cooking a meal... and take your mind off the anger. Come back and deal with it when you are feeling calmer.

Count 10 breaths. The reasons for counting your breaths are: 1) to calm and relax you by breathing more deeply and 2) to pause for a few moments instead of reacting automatically.

Write about it. Get your feelings and thoughts out on paper instead of confronting the source of your anger right away.

Deal with it when you feel calm. Get away from the situation, and come back later. You will react more positively.

The more practice you get at reacting in positive ways, waiting until the anger goes down a little before responding, and learning new habits, the more easily you will be able to manage anger.