

ANGER

- ACCEPTANCE
- NURTURING
- GROWTH
- EMPATHY
- RECOVERY

ANGER REGULATION WORKSHEET

PURPOSE: THIS WORKSHEET IS DESIGNED TO HELP YOU UNDERSTAND AND REGULATE YOUR ANGER IN A HEALTHIER WAY. BY IDENTIFYING TRIGGERS, EXPLORING PHYSICAL SENSATIONS, AND PRACTICING COPING TECHNIQUES, YOU CAN LEARN TO MANAGE ANGER BEFORE IT ESCALATES.

1. UNDERSTANDING YOUR ANGER

WHAT TRIGGERS YOUR ANGER?

(LIST ANY PEOPLE, SITUATIONS, OR THOUGHTS THAT TEND TO MAKE YOU ANGRY.)

EXAMPLE: "LOUD NOISES," "BEING INTERRUPTED," "FEELING DISRESPECTED IN MEETINGS"

YOUR TRIGGERS

2. RECOGNIZING PHYSICAL SIGNS OF ANGER

HOW DO YOU PHYSICALLY FEEL WHEN YOU'RE ANGRY?

(PAY ATTENTION TO YOUR BODY'S RESPONSE—MUSCLE TENSION, CLENCHED FISTS, RAPID BREATHING, ETC.)

EXAMPLE: "MY FACE GETS HOT, MY FISTS CLENCH, I START TO BREATHE FASTER."

YOUR PHYSICAL SIGNS OF ANGER:

3. IDENTIFYING YOUR THOUGHT PATTERNS

WHAT THOUGHTS RUN THROUGH YOUR MIND WHEN YOU'RE ANGRY?

(NOTICE ANY COMMON THOUGHTS OR BELIEFS THAT ARISE IN THE HEAT OF THE MOMENT. THESE MIGHT BE IRRATIONAL OR UNHELPFUL.)

EXAMPLE: "THIS ISN'T FAIR," "I CAN'T STAND THIS," "THEY DON'T RESPECT ME."

YOUR THOUGHTS WHEN YOU'RE ANGRY:

4. IMMEDIATE COPING STRATEGIES

WHEN YOU START TO FEEL ANGER BUILDING, USE THESE QUICK TECHNIQUES TO MANAGE YOUR EMOTIONS IN THE MOMENT:

1. PAUSE & BREATHE:
2. TAKE A FEW DEEP BREATHS TO CENTER YOURSELF.
 - INHALE DEEPLY FOR 4 SECONDS.
 - HOLD FOR 4 SECONDS.
 - EXHALE SLOWLY FOR 6 SECONDS.
3. GROUNDING EXERCISE:
4. FOCUS ON THE PRESENT MOMENT. USE THE "5-4-3-2-1" METHOD:
 - 5 THINGS YOU CAN SEE.
 - 4 THINGS YOU CAN FEEL.
 - 3 THINGS YOU CAN HEAR.
 - 2 THINGS YOU CAN SMELL.
 - 1 THING YOU CAN TASTE.
5. COGNITIVE REFRAMING:
6. CHALLENGE YOUR ANGRY THOUGHTS BY ASKING:
 - IS THIS SITUATION AS BAD AS I THINK IT IS?
 - HOW CAN I VIEW THIS FROM A DIFFERENT PERSPECTIVE?
 - WHAT WOULD BE A MORE BALANCED, REALISTIC THOUGHT?

CHOOSE ONE STRATEGY TO TRY THE NEXT TIME YOU FEEL ANGER RISING:

- ___ PAUSE & BREATHE
- ___ GROUNDING EXERCISE
- ___ COGNITIVE REFRAMING