Coping with Anger Worksheet

Directions: It's best to fill out the worksheet while you are angry, but it's okay to fill out afterward.

1. What event or problem is making me feel angry?

2. What are the signals that tell me I am angry?

    a. Body signals

    b. Thought signals

    c. Action signals

3. What can I do to relax my body?

4. What "coping self-talk" can I use to control my thoughts?

5. What effective action can I take to deal with the situation or solve the problem?