

Understanding and Managing Anger

This worksheet will help you to identify your anger triggers, your negative behaviours and find more effective ways to recognize and deal with angry feelings.

What is anger?

- Anger is an emotion EVERYONE experiences
- It is a signal that we think we are being treated unfairly.
- It IS OKAY to feel angry, it is a natural feeling.
- Our actions to the feelings is what can be right or wrong, it is NOT OKAY to hurt ourselves, others, or property when we feel angry.

How do we deal with anger and act in healthy ways?

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

What can you do 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
- Anger Management Exercises

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. Below is a list not inclusive of all signs, but can help you identify signs to keep in mind.

Physical 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

Mental Signs

- Problems concentrating
- Confusion
- Memory problems
- Thoughts of doing harm

- Angry thoughts
- Irritability
- Short tempered

Other Signal Signs

- Yelling
- Swearing
- Withdrawing from others
- Throwing things
- Pacing

What are your most common Early Signs:

Physical

Mental

Other

Understanding your Anger

How do you know you are angry?

What are your physical signs? Mental signs? Other?

What makes you angry? In the past couple of months, make a list of Most angry to Least angry.

How do YOU handle Anger...

Think about the last time you reacted in an unhealthy or negative way to anger? Can you name what made you angry?

What happened right before you got angry?

How do you usually react when you feel angry?

How did you feel after you reacted?

What could you have done differently?

What would happen if you acted differently?

A Plan for Dealing With Anger: Visualize, Plan & Repeat.

Write down one of the situations from your anger list. Choose one that causes you to feel a little angry. Visualize and describe how you want to handle the situation.

Choose a situation that is high on your anger list (Most). 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 would you rather do?

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

How will you handle situations when you feel very angry?

Practice the following to help prepare you for the real situations

- Choose to walk away instead of responding with anger.
- Engage in physical exercise to release built-up energy caused by anger.
- Seek support from someone who is not involved in the situation, such as a friend, family member, or professional, and share your feelings and what happened.
- Engage in activities that bring you joy and divert your attention from anger, such as reading, watching TV, listening to music, playing games, going shopping, or cooking a meal. Return to address the anger when you feel ready.
- Take deep breaths and count to ten to promote relaxation and create a pause before reacting impulsively.
- Write down your emotions and thoughts on paper instead of immediately confronting the source of your anger.
- Address the situation when you are in a calm state by removing yourself from the environment and returning later. This will lead to a more positive response.
- With practice, you can develop the ability to respond to anger in a positive manner, waiting until the intensity subsides before reacting, and adopting new habits to effectively manage anger.