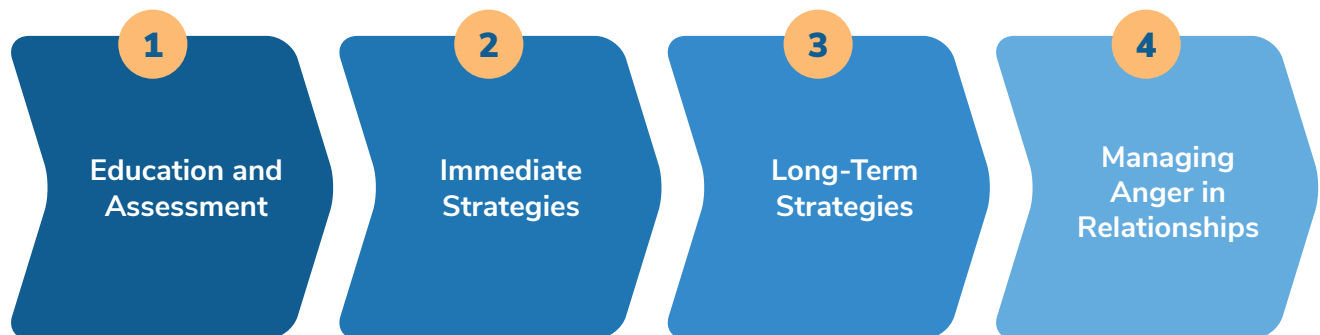


Quick Strategies for Anger Management

Anger is complex. It's often a symptom of deeper emotions like fear, grief, or frustration, and it has a profound relationship with trauma.

Our structured approach for managing anger consists of four steps:



This worksheet is for step two of our framework, which involves helping people manage their anger by figuring out which immediate strategies work best for reducing its intensity.

Those you support can use this worksheet to manage their anger in the moment. The next time they feel angry, have them follow the steps below to calm themselves, regain control, and process their feelings constructively.

My Immediate Action Plan

STEP 1 Pause and Reflect

What triggered your anger?	
How are you feeling right now? (Check all that apply, or write down those that aren't listed.)	<input type="checkbox"/> Frustrated <input type="checkbox"/> Irritated <input type="checkbox"/> Hurt <input type="checkbox"/> Overwhelmed <input type="checkbox"/> Other: _____

STEP 2 Immediate Interventions

Choose one or more strategies below to calm yourself. Check off the ones you try.

<input type="checkbox"/>	Take deep breaths: Inhale deeply for four counts, hold for four counts, and exhale for four counts. Repeat this 3–5 times.	<input type="checkbox"/>	Use positive self-talk: What calming statement can you say to yourself? (e.g., <i>I can handle this or I can do hard things.</i>)
<input type="checkbox"/>	Use grounding techniques: Name five things you can see, four things you can touch, three things you can hear, two things you can smell, one thing you can taste.	<input type="checkbox"/>	Visualize a calm place: Think about a peaceful place that makes you feel calm.
<input type="checkbox"/>	Move your body: What quick action can you do right now? (e.g., squeeze a stress ball, go for a walk, do jumping jacks, etc.)	<input type="checkbox"/>	Acknowledge and label your emotions: Write down how you feel in the moment, naming as many emotions as you can.
<input type="checkbox"/>	Practice mindful distraction: What can you focus on to distract yourself? (e.g., listen to music, watch a funny video)	<input type="checkbox"/>	Practice self-care: Have a sip of water or chew a piece of gum.
<input type="checkbox"/>	Count: Slowly count to a number of your choosing before your respond.		

STEP 3 Reflect on the Experience

What helped you calm down?	
What did you learn about your anger?	
How could you approach a similar situation differently in the future?	