



ANGER

TAME YOUR EMOTIONS AND RESOLVE
CONFLICTS EFFECTIVELY WORKBOOK

INTRODUCTION

This worksheet is designed to complement the ebook " Anger: Tame Your Emotions and Resolve Conflicts Effectively Worksheet." It will help you reflect on your relationship with anger and develop strategies for better management. Take your time with each question and be honest with yourself.

1. On a scale of 1-10, how well do you feel you currently manage your anger?

(1 = Very poorly, 10 = Extremely well)

1 2 3 4 5 6 7 8 9 10

2. Anger Thermometer:

Mark your typical anger level (T) and your goal level (G) on this thermometer.

[10 - Explosive]

[9 -]

[8 -]

[7 -]

[6 -]

[5 -]

[4 -]

[3 -]

[2 -]

[1 - Calm]

3. What are your most common anger triggers? (Check all that apply)

[] Feeling disrespected

[] Injustice or unfairness

[] Frustration with tasks or people

[] Feeling powerless

[] Other: _____

4. How does anger typically manifest in your body? (Check all that apply)

[] Tensed muscles

[] Increased heart rate

[] Clenched fists

[] Flushed face

[] Other: _____

5. List one negative consequence you've experienced due to uncontrolled anger:

6. What is one healthy coping strategy you currently use when angry?

7. Identify one new anger management technique from the ebook that you'd like to try:

8. Write a short affirmation or mantra to use when you feel anger rising:

9. Who is someone you can reach out to for support when dealing with anger?

10. How might your life improve if you could better manage your anger?

Mini Action Plan:

List 3 steps you'll take in the next week to better manage your anger:

1.

2.

3.

One key takeaway from the ebook that I want to remember and implement:

Additional Resources:

- **Book:** "Anger Management for Dummies" by Charles H. Elliott and Laura L. Smith
- **App:** Calm - for meditation and relaxation exercises
- **Website:** www.apa.org/topics/anger - American Psychological Association's anger management resources

Next Steps...

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