

Anger Management Worksheet For Teens

Name	Date
Identifying triggers - What are three situations or experiences that often result in you feeling angry?	
1.	
2.	
3.	
How do you usually behave when you feel angry?	
Coping skills - What are some of the things you do to calm down when you're angry?	
1.	
2.	
3.	
Goals - Have a think about how your anger has affected your life and relationships. Keeping this in mind, write down one short-term and one long-term goal regarding managing your anger.	
Long-term goal:	
Short-term goal:	