



The Anger Deconstruction Worksheet

A tool to pause, reflect, and identify the root causes of rage.

Name: _____ **Date:** _____

Instructions

STOP! Do not act on the impulse yet. Complete the following sections the next time you experience feelings of anger that make you want to act out in old, familiar rage behaviors. This tool is designed to move you from **reaction** (emotional brain) to **reflection** (logic brain).

Part 1: Recognize the Signs

Before the explosion, there were warning signs. Review the lists below and check the boxes for what you are experiencing right now.

A. Physical Signs (The Body) *What is happening somatically?* Feeling hot / Flushed face
Stomach clenching / Nausea Making fists Gritting teeth / Jaw tension Voice changes (getting loud or quiet) Rapid heartbeat Other: _____

B. Psychological Signs (The Mind) *What is happening internally?* Violent thoughts Revenge fantasies Sudden craving for alcohol/drugs Feeling "trapped" Racing thoughts "Black and white" thinking (victim vs. villain)

C. Behavioral Signs (The Actions) *How is this leaking out?* Arguing / Debating Aggressive posturing Venting with threats Using profanity Shutting down / Stonewalling Pace walking

Part 2: The Setup (The Past 24 Hours)

Anger rarely happens in a vacuum. Identify vulnerability factors that lowered your defenses in the last 24 hours.

Check all that apply: New medications or missed medications Skipped meals (Hunger)
 Poor sleep (Tired) Intense work in group therapy / Step work An earlier unresolved conflict A phone call or text message High stress levels

Describe the context: *(What changes in your routine happened today that made you vulnerable?)*



Part 3: Identify the Cause (The Spark)

Be specific about the moment the anger spiked.

1. Who were you with?

2. What were you discussing or doing?

3. What specifically was said or done that triggered you?

Part 4: The Root (The History)

Hysterical often means Historical. Is this anger really about today, or is it an old wound?

When have you had feelings or experiences like this before?

Who does this situation remind you of from your past?

Part 5: The Solution

Now that you have deconstructed the anger, choose a healthy action.

Instead of acting out in rage, I will: Take a 10-minute walk Call my sponsor or a support peer Journal for 5 minutes Pray or Meditate Eat a healthy snack