

Seeking Social Support for Anger Worksheet

Client Name: _____ Date: _____

Introduction: Anger is a natural emotion, but managing it healthily is essential for your well-being. Seeking social support can be a valuable part of your anger management journey. This worksheet will help you identify and utilize your support network effectively.

Part 1: Identifying Your Support Network

- List the individuals or groups who make up your support network (e.g., family, friends, support groups, professionals).

1.

2.

3.

4.

5.

Part 2: Assessing Supportive Qualities

- For each person or group listed, describe their qualities or ways they support you in managing your anger effectively.

a.

b.

c.

d.

e.

Part 3: Communication

- How comfortable are you discussing your anger with your support network?
 - ☐ Very comfortable
 - ☐ Somewhat comfortable
 - ☐ Not very comfortable
 - ☐ Not comfortable at all
- If you selected "Not very comfortable" or "Not comfortable at all," what barriers do you face in discussing your anger with your support network?

Part 4: Seeking Support

- Are there specific instances or situations where you can benefit from your support network's assistance with anger management?
 - a.
 - b.
 - c.

Part 5: Developing an Action Plan

- What steps will you take to proactively seek social support for anger management?
 - 1.
 - 2.

3.

4.

5.

Conclusion: