

Anger Coping Skills



Anger is a normal emotion, but how we handle it makes all the difference. This worksheet will help you identify and practice healthy ways to cope with anger.

Step 1: Recognize Your Anger Triggers

Before you can manage your anger, you need to know what triggers it. List some common situations or people that make you angry:

1. _____
2. _____
3. _____

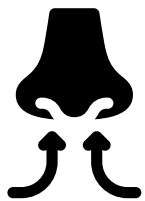
Step 2: Identify Physical Signs of Anger

How does your body feel when you are angry? Circle any that apply:

- Tight muscles
- Clenched fists
- Racing heartbeat
- Sweating
- Feeling hot
- Shaking
- Other: _____

Step 3: Practice Deep Breathing

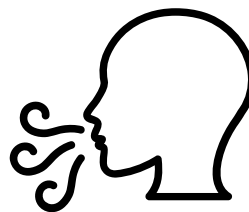
Deep breathing can help calm your body and mind. Try this technique:



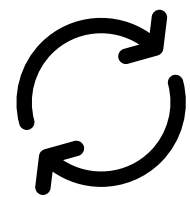
Inhale slowly through your nose for 4 seconds.



Hold your breath for 4 seconds.



Exhale slowly through your mouth for 4 seconds.



Repeat until you feel calmer.

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Step 4: Use Positive Self-Talk

Replace negative thoughts with positive ones. Write down some positive phrases you can say to yourself:

1. _____
2. _____
3. _____

Step 5: Try Physical Activity

Physical activity can help release built-up energy. List some activities you can do:

- Take a walk
- Do jumping jacks
- Go for a run
- Dance
- Other: _____

Step 6: Practice Problem Solving

If a situation makes you angry, think about ways to solve it. Write down a problem and brainstorm solutions:

Solutions:

Step 7: Seek Support

Sometimes talking to someone can help. List people you can talk to when you're angry:

Step 8: Create a Coping Plan

Now that you know your triggers, signs, and strategies, create a plan:
