

Anger Management Worksheet

Describe a situation when you were angry and could have handled it better.

Using the “ANGER method,” how could you have resolved the above situation in a positive way?

A = Assess your triggers.
Describe what triggered your anger.
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N = Notice your signs of anger.
How could you tell that you were getting angry? Describe what it looked like.
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G = Get control of yourself.

Describe what you could have done to get control of yourself.

E = Evaluate your response.

Assess your immediate response to the situation. Describe how this response created a positive or negative outcome.

R = Read the scene.

Evaluate the situation. How could you have responded most respectfully to all the people involved?

