Control Your Temper Worksheet

**Understanding My Anger**

I get angry when I feel (jealousy, embarrassment, like I’m being treated unfairly, etc.)

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People trigger my anger when they (criticize me, insult me, lie to me, etc.)

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Situations that trigger my anger (loud noises, work conflicts, arguments, crowded places, etc.)

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Early warning signs that I’m getting angry (rapid heartbeat, clenched jaws, headache, tense muscles, etc.)

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**Anger Avoidance & Coping Skills**

What I can do when I start feeling angry.

* Walk away
* Find a distraction
* Clean my home
* Make a list of things I’m grateful for
* Listen to my favorite music
* Exercise
* Take a dozen deep breaths while repeating a calming phrase
* Journal about it
* Talk to someone who’s not part of the situation

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Positive responses I can make instead of getting angry

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Other thoughts on gaining better control of my emotions and anger.

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