



My Anger Management Worksheet

Six steps to a plan you can actually use when anger starts to build. If your anger has led to hitting, threatening or controlling someone, also talk to the Respect Phoneline (UK 0808 8024040). If someone is hurting you, call a domestic abuse service (UK 0808 2000 247, US 1-800-799-7233).

01 My triggers

A trigger is whatever tends to set your anger off. Tick the ones you recognise, then write your own, along with why they get to you.

- ☐ Being interrupted, ignored or not listened to
- ☐ Feeling criticised, blamed or judged
- ☐ Something that feels unfair
- ☐ Being disrespected or talked down to
- ☐ Delays, queues, traffic or things not working
- ☐ Noise, mess or too many demands at once
- ☐ A particular person, or a particular topic
- ☐ Being tired, hungry, unwell or in pain
- ☐ Alcohol, or coming down from it

My trigger

As specific as I can

Why it gets to me

What it seems to mean

02 My anger thermometer

Picture a scale from 1 (completely calm) to 10 (an explosive loss of control you regret). Your warning signs change as you go up. Notice them in your body (a racing heart, a hot face, a clenched jaw), your thoughts ('how dare they', replaying it) and what you start to do (pacing, raising your voice). For each level, write your own signs and what you'll do there.

Level	My signs	What I'll do at this level
e.g. 1-3, 4-6, 7-8, 9-10	Body, thoughts, what I do	
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

The number where I stop thinking clearly, so I need to take a time-out before it:

03 My time-out plan

A time-out means stepping away before you reach the top of your thermometer, then coming back. It isn't the silent treatment and it isn't walking out for good. If you can, agree it in advance with the people you live or work with, so they know you'll return. If leaving the room isn't enough to keep everyone safe, that's a sign to get help (see the note at the top).

What I'll say to call a time-out:

e.g. 'I'm getting too angry to talk well. I'm going to take 20 minutes, then I'll come back.'

Where I'll go:

What I'll do while I'm away (something calming, not going over it in my head):

When I'll come back, and how I'll pick things up or agree to talk later:

Who I'll agree this plan with in advance:

04 Calming skills that work for me

Pick skills that slow your body down. Research suggests calming activities help with anger more than ones that rev you up, so hitting a pillow or 'letting it all out' isn't on this list. Tick the ones you'll try, then choose your top three.

- ☐ Slow breathing, with the out-breath longer than the in-breath
- ☐ Counting to 10 before I say anything
- ☐ Dropping my shoulders and unclenching my jaw and hands
- ☐ Cold water on my hands or wrists, or holding something cold
- ☐ Stepping outside for fresh air, or a slow walk
- ☐ A grounding exercise (5 things I can see, 4 I can hear ...)
- ☐ Tensing and relaxing my muscles, one group at a time
- ☐ A calming phrase I say to myself
- ☐ Writing down what I'm angry about, then putting it away
- ☐ Talking to someone who isn't involved
- ☐ Eating, drinking water or resting if I'm running on empty

My top three:

1. _____
2. _____
3. _____

05 An assertive way to say it afterwards

Once you've calmed down, the thing that made you angry may still need saying. Saying it assertively means being clear and honest about what you feel and need, without attacking or blaming. An I-statement keeps it about you rather than them.

What happened (just the facts, no 'you always'):

I felt ...

because ...

What I'd like, or what I need, is ...

Put together, in my own words:

06 **Review my week**

Each time anger shows up this week, add a line. At the end of the week, look for patterns, not proof that you've failed.

Day and situation	Highest level	What I did	What helped, or what I'd change
	1 to 10		
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

What I'll keep doing, and what I'll change in my plan:

When you're done, a moment to reflect

- Which warning sign usually comes first for you, and how early could you catch it?
- What's often underneath your anger: hurt, worry, tiredness, feeling ignored?
- Who do you want to be when you're angry? What would that person do at a 5?
- Which relationship would feel different if your time-out plan worked?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.