

Name _____ **Anger Management**



Anger Management

Describe something going on in your life right now that make you angry.

How are you expressing your anger? Circle those that apply. Add any additional behaviors of your own.

avoidance

arguments

quitting

manipulating

tantrums

ultimatums

How do these behaviors make you feel?

What is one thing that is in your power to change that would make this situation less of an anxiety trigger?
