

Name _____ **Anger Management**



Anger Management

What are some strategies you have used to try to manage, avoid, fight, or change your anger?

Strategy #1

Strategy #2

Strategy #3

What were the results of each effort in the short term?

Strategy #1

Strategy #2

Strategy #3

What were the results of each effort in the long term?

Strategy #1

Strategy #2

Strategy #3

Have any of these strategies improved your life? How?

Strategy #1

Strategy #2

Strategy #3