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Managing Anger Worksheet

Developed by the Counselling Service,
University of Sydney, 2007.

In getting prepared to manage your anger, it is firstly important to be aware of the following:

1. Don't react in anger. Take time to consider what is going on. Reacting in anger is impulsive and very likely will not advantage you or others. The people you are angry with often just respond to the anger and miss the message
2. Try to dispel the thought that you will explode with anger if you do not express it
3. Physical violence is always off limits, as well as threats of abandonment or separation
4. Realise that anger management is challenging and often not easy. It is a work in progress throughout life. Slipups are the order of the day. You can learn to do better, to have more control but it takes time and effort.

Step 1: Developing Awareness

Step one in anger management is to develop awareness of what causes you to react in anger, to learn your triggers. Start by keeping a journal and tracking your triggers. Carry a small trigger book with you and as things happen that make you angry, write them down. See if a pattern emerges and whether you can identify certain people, events, circumstances or particular times of the day that are triggering your anger states.

Following this, a useful thing to do is to identify what situations you can and cannot change. By identifying what you cannot change, such as traffic jams at certain times, you might be able to avoid this altogether, or, if you have identified something that cannot be changed you can learn not to react. This would be a good time to use some stress reduction techniques like slow breathing or breath awareness techniques. It may also be necessary to realise there are some things, situations, or people that we just have to accept. We cannot change them, we just have to come to some acceptance and tolerance of them.

Step 2: Gaining Balance and Control

a. A good place to begin in gaining control of our anger is to maintain a healthy balanced lifestyle. Getting enough sleep, for instance, is very important. We know that sleep deprivation triggers states of anger, depression and anxiety, so try to develop a sound sleeping habit. Good nutrition and

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