

Aggression Cycle Anger Worksheet

Name:

Date:

Instructions: Use this worksheet to identify and manage your anger effectively.

1. Triggers: List what makes you angry.

2. Physical and Emotional Responses: Describe your body's reactions and emotions when angry.

3. Thoughts: Note the thoughts you have when angry.

4. Behaviors: List how you react when angry.

5. Consequences: Consider the outcomes of your anger.

6. Coping Strategies: Brainstorm healthier ways to handle anger.

7. Practice: Choose a coping strategy to practice.