

Anger and Trauma Worksheet

Patient Information

Name: Neil Carson

Age: 30

Date: Jan 12, 2024

Identifying Anger

Describe a recent situation where you felt angry.

Got into an argument with my partner about household responsibilities and my forgetfulness.

Rate the intensity of your anger in the situation from 1 to 10 (1 – lowest, 10 extremely angry).

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Identify physical sensations you experienced during the anger.

Tightness in chest, clenching fists, increased heart rate.

What thoughts were going through your mind?

I thought about how I always prioritized her, but I keep forgetting things. It's not that I want to forget things. It makes me so angry to be blamed for it. Who chooses to forget things? That's not something anyone wants to do!

Linking Anger to Traumatic Experiences

Recall a past traumatic experience that may be influencing your current anger.

My parents verbally and physically abusing me and always criticizing me for being a forgetful kid despite not having me checked for ADHD, which I only got diagnosed for in adulthood

How do you see this past experience affecting your current reaction?

I feel like I'm not being heard or valued, similar to my childhood.

Are there any similarities between the past trauma and the current situation?

Feelings of being overlooked and not having my efforts acknowledged. Like all they see are my faults and my gaps, not the things I actually managed to do. Not the hurdles I overcame, just the ones I stumbled over. Like I'm only as good as my lowest points. Like I'm not putting any effort in at all despite the absolute opposite.

Coping Strategies

Can you think of ways you can express your anger?

I can, but they're not healthy. Even though I almost want to get physical, I've resorted to smoking again.

What things or techniques do you do to calm down?

I walk away, but then I smoke. Smoking makes me pause and do nothing else except think and smoke.

How can you reframe your thoughts to reduce anger?

I don't know. Why do I always have to reframe my thoughts? Why don't other people ever do the same for me?

Who are the people in your support system?

My partner, who I just fought with.

Action Plan for Future Anger Episodes

What will you do differently when you start feeling angry?

I don't know.

How will you use your support system during difficult times?

I want to talk to them, but she barely wants to look at me, much less talk to me

Set a goal for managing your anger.

I want to not feel pain in my chest when I feel angry

Reflection and Notes

Did you gain any new insight about yourself as you were answering the questions above?

Yes. That I am alone and isolated. That the root cause is something else, but knowing it doesn't make me feel that much better.

Write any additional notes here.

Healthcare Professional's Observations and Details

Observations and recommendations.

There is a complex interplay between current stressors and a history of childhood trauma. Neil's current coping mechanism, resorting to smoking, suggests a need for healthier anger management strategies. His statement about feeling alone and isolated is concerning and highlights a potential lack of effective support in his environment. Neil's difficulty in reframing his thoughts and reliance on a strained support system, mainly his partner with whom he has conflict, indicates a need for external support and intervention. Recommendations include exploring therapy options focused on trauma processing and developing healthy coping mechanisms. Cognitive-behavioral therapy could be beneficial in helping Neil reframe his thoughts and reactions. Additionally, considering a support group for adults with ADHD might provide Neil

Signature:

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