

Anger Coping Worksheet

Name: _____ Date: _____

Suppose you've been feeling angry a lot these days and feel like it's becoming unhealthy and a problem in your daily life and relationships. In that case, it's time for you to take a step back and examine the causes of your anger and how you respond to it.

Here, we've prepared an Anger Coping Worksheet to help you take a look at your anger through reflection and write about them. Hopefully, through this worksheet, we can determine the next steps to help you process your anger in healthy ways and avoid unfavorable situations that result in acting out in anger.

First, here's a checklist of general triggers.

Tick off the ones that apply to you:

- ☐ You're having a spat with your partner
- ☐ Your child isn't listening to you or did something wrong
- ☐ You're having trouble with your parents or other relatives
- ☐ You're overwhelmed at work
- ☐ You're having an argument with your co-worker or boss
- ☐ There's a big crowd in a normally uncrowded place that you haunt
- ☐ Your neighbors are too noisy
- ☐ You received unsolicited advice or opinions
- ☐ You were threatened by a hooligan
- ☐ You were wrongly accused of something
- ☐ A friend disagreed with you
- ☐ The political situation in your city or country is terrible
- ☐ Something came up that ruined your plans
- ☐ Someone is harassing you
- ☐ Being stuck in traffic for hours
- ☐ People who don't follow rules or are inconsiderate
- ☐ Someone insulted you
- ☐ Someone invaded your privacy
- ☐ You reached out to someone and were ignored
- ☐ Other:

Second, you'll see a box of things that you might want to try in order to calm down and relax, in case you are feeling angry at something or someone.

- | | | | |
|--|---|--|--|
| <ul style="list-style-type: none"> • Go to the beach • Take a bath • Listen to music • Go for a walk alone • Walk with your pet • Play with your pet | <ul style="list-style-type: none"> • Climb a mountain • Go for a hike • Take scenic photos • Cook or bake • Have a hearty meal • Dine at a restaurant | <ul style="list-style-type: none"> • Ride a bicycle • Go to the gym • Lift weights • Go for a swim • Read a book • Write something | <ul style="list-style-type: none"> • Doodle cartoons • Paint something • Clean your room • Build something • Hang out with friends • Tend to your garden |
|--|---|--|--|

Third, is the journal proper. There are event tables where you write the following as descriptively as possible:

- **Trigger:** What exactly happened that triggered your anger? Did you experience any warning signs such as headaches, sweating, or clenched fists, or did you start raising your voice?
- **Response:** When you felt angry, did you do anything? Examples include: yelling at the person you're talking to, you broke something, and you stormed out of the room.
- **Outcome:** When you acted out in anger, what was the outcome? Are you not on speaking terms with the person you're angry at? Did you go to bed and cry yourself to sleep? Did you get suspended from work or school?
- **Coping activity:** After all of that, what did you do to calm yourself and relax?
- **Alternative response:** Looking back (if you acted out in anger), what would you have done differently?

Event one

Trigger

Response

Outcome

Coping activity

Alternative response

Event two	
Trigger	
Response	
Outcome	
Coping activity	
Alternative response	
Event three	
Trigger	
Response	
Outcome	
Coping activity	
Alternative response	
Event four	
Trigger	
Response	
Outcome	
Coping activity	
Alternative response	

Event five	
Trigger	
Response	
Outcome	
Coping activity	
Alternative response	
Last, by any chance, did you notice any patterns related to your experiences with anger, like common warning signs or coping activities (whether healthy or unhealthy)? Please indicate in the box.	