

Managing Anger to Avoid Relapse CBT Worksheet

Name: _____ Date: _____

Contact Information: _____ Therapist: _____

Instructions: This worksheet is designed to help you identify and manage anger as a potential trigger for relapse in your recovery journey. Please answer the following questions honestly and thoughtfully. Discuss your responses with your therapist to develop effective coping strategies.

1. Recognizing Anger Triggers:

- List situations or events that trigger your anger.
- Identify any thoughts or beliefs associated with these triggers.

1. _____

2. _____

3. _____

2. Negative Thought Patterns:

- Write down any negative thoughts that arise when you're angry.
- Challenge and reframe these thoughts with more rational alternatives.
- Negative Thoughts:

Emotional Responses:

- Describe your emotional reactions when anger surfaces. Rate the intensity of these emotions on a scale of 1 to 10.

Emotions	Rating

4. Coping Strategies:

- List healthy coping strategies you can use when anger arises.
- Discuss these strategies with your therapist to refine them.
- Coping Strategies:

1. _____
2. _____
3. _____

5. Relaxation Techniques:

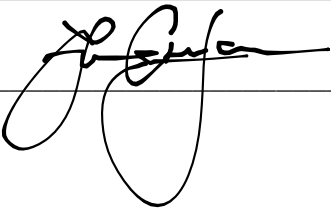
- Identify relaxation techniques you can practice to calm anger.
- Choose at least one technique to try when anger escalates.
- Relaxation Techniques:

1. _____
2. _____
3. _____
4. _____

6. Anger Journal:

- Start an anger journal to track your anger triggers, thoughts, and coping outcomes.
- Use it as a reference during therapy sessions.

Additional Notes and Goals:

Client's Signature:  _____ Date: _____