

# 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: \_\_\_\_\_