

Payoffs and Consequences of Your Anger Worksheet

Name:

Date:

Physician's Name:

List payoffs to using anger you're familiar with.

List the negative consequences that you have experienced as a result of inappropriately expressing your anger.

Additional Notes:

Source: Reilly, P.M., Shopshire, M.S., Durazzo, T.C., & Campbell, T.A. *Anger Management for Substance Use Disorder and Mental Health Clients: Participant Workbook*. SAMHSA Publication No. PEP19-02-01-002. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2019.