

# Seeking Social Support for Anger Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Introduction:** Anger is a natural emotion, but managing it healthily is essential for your well-being. Seeking social support can be a valuable part of your anger management journey. This worksheet will help you identify and utilize your support network effectively.

## Part 1: Identifying Your Support Network

- List the individuals or groups who make up your support network (e.g., family, friends, support groups, professionals).

- 1.
- 2.
- 3.
- 4.
- 5.

## Part 2: Assessing Supportive Qualities

- For each person or group listed, describe their qualities or ways they support you in managing your anger effectively.

- a.
- b.
- c.
- d.
- e.

### Part 3: Communication

- How comfortable are you discussing your anger with your support network?
  - Very comfortable
  - Somewhat comfortable
  - Not very comfortable
  - Not comfortable at all
- If you selected "Not very comfortable" or "Not comfortable at all," what barriers do you face in discussing your anger with your support network?

### Part 4: Seeking Support

- Are there specific instances or situations where you can benefit from your support network's assistance with anger management?
  - a.
  - b.
  - c.

### Part 5: Developing an Action Plan

- What steps will you take to proactively seek social support for anger management?
  - 1.
  - 2.

3.

4.

5.

**Conclusion:**