

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.

3.

4.

5.

Conclusion: