

Teenage Anger Management Worksheet

Name: _____ Age: _____ Date: _____

Instruction: Take your time to reflect on each question honestly. Understanding your anger triggers and responses can help you develop healthier coping strategies.



Current anger management goals

Previous experience with anger management therapy (if any)

Trigger	Anger level	Physical or emotional response	Automatic thought	Behavior	Healthy response
<i>What situations or actions tend to make you the most angry?</i>	<i>Rate from 1 (lowest) - 5 (highest).</i>	<i>How does your body and mind react?</i>	<i>What thoughts go through your mind when you get angry?</i>	<i>How do you usually react when you're angry?</i>	<i>What positive strategies can you use to manage your anger more effectively?</i>