

# 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>