

Teenage Anger Management Worksheet

Client Profile		
Name	Age	Gender
Current Anger Management Goals:		
Previous experience with anger management therapy (if any):		

Instructions:

1. Identify Your Triggers: Think about the situations or events that tend to make you angry. Write down your triggers in the first column below.
2. Rate Your Anger Level: On a scale of 0-10, with 0 being calm and 10 being extremely angry, rate your current anger level. Write down your anger level in the second column below.
3. Identify Your Physical and Emotional Responses: Think about how you typically feel physically and emotionally when you get angry. Write down your physical and emotional responses in the third column below.
4. Identify Your Automatic Thoughts: Think about what you tell yourself when you get angry. Write down the automatic thoughts that go through your mind in the fourth column below.
5. Identify Your Behaviors: Think about how you typically behave when you get angry. Write down your behaviors in the fifth column below.
6. Identify Healthy Responses: Think about healthy ways you can respond when you feel angry. Write down some healthy responses in the sixth column below.

Triggers	Anger Level	Physical/Emotional Responses	Automatic Thoughts	Behaviors	Healthy Responses

Name

Reflection Questions

What triggers tend to make you the most angry?

What physical and emotional responses do you experience when you get angry?

What automatic thoughts tend to go through your mind when you get angry?

What behaviors do you engage in when you get angry?

What healthy responses can you use to manage your anger more effectively in the future?

How can you practice using healthy responses the next time you feel angry?