

When Anger Becomes a Habit

Applicant Details:

Full Name:

Date of Birth:

Contact Number:

Date of Completion:

ANGER MANAGEMENT for Emotional Well-being & Personal Growth

Understanding Habitual Anger Anger, when repetitively expressed without a genuine cause, can morph into a frequent response mechanism. Such behaviors, when executed recurrently and without much forethought, can have adverse outcomes in one's personal and social life.

Self-reflection Questions:

1. **Has anger become a habitual reaction for you? Describe situations where this has been evident.**
2. **How has frequent anger affected your relationships or work environment?**
3. **Are there particular individuals or situations that tend to trigger your anger more than others?**
4. **Do you often regret or wish you had handled situations differently after an angry outburst?**

Disrupting the Habitual Anger Cycle Recognizing triggers and understanding the negative consequences of unchecked anger is the first step. Employing strategies to manage and redirect this anger can help break the cycle.

Checklist: Recognizing My Triggers

- Discussing finances or money matters _____
- Traffic or commuting issues _____
- Specific individuals at work or in personal life _____
- Discussions around specific topics (please specify) _____
- Feeling unacknowledged or ignored _____
- Other: _____

Self-reflection Questions:

1. **What physical signs (e.g., clenched fists, rapid breathing) do you notice when you start getting angry?**

 2. **List some anger management techniques or coping mechanisms you are aware of or have tried in the past:**
 - 1.

 - 2.

 - 3.

 3. **What activities or hobbies help you relax and feel more at peace?**
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Final Commitment and Thoughts:

After reflecting on the above, what's one commitment you're making to manage your anger better?

Notes (for counselor/therapist or self-reflection):

Source: ANGER MANAGEMENT for Substance Use Disorder and Mental Health Clients