
Anger Solutions Worksheet

Step 1: Identify Your Feelings

Name what you are feeling now (e.g., anger, rage, irritation, frustration, contempt):

What are the signs or symptoms?

Biological: _____

Cognitive: _____

Emotional: _____

Behavioral: _____

Social: _____

Step 2: Identify the Source of Your Anger

1. What made you angry? Was it a person, place, thing, event, or idea?

2. What happened right before you felt angry? What was going through your mind?

3. Who are you angry with? Does the person know you are angry?

4. What's the injustice? What "right" has been violated?

5. Is this anger really about you feeling sad? Or grieving? Being in physical pain? Being sick? Is this anger your way of expressing distress?

Step 3: Problem Solve

Is this problem or situation changeable? _____

If yes, then follow the steps of problem solving from Session 3. List possible solutions, weigh the pros and cons, and put your solution into action.

If no, then move to Step 4.

Step 4: Ease Your Mind

List the strategies you would like to try to ease your mind. Be sure to practice them regularly.

1. _____

2. _____

3. _____

Step 5: Accept and Forgive

Does managing your anger require you to forgive someone or accept a situation you cannot change?

If yes, see the Acceptance and Forgiveness Worksheet.