

List of Anger Management Techniques

As members discuss the anger management techniques that work for them, write the ones you haven't tried. As you try each one, check it off. Then, write down the techniques that worked best for you and why.

Anger Management Techniques

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Note: If you have tried all of the ones members have discussed, open discussion about alternative techniques that were not discussed.

Successful Anger Management Techniques

1. _____
2. _____
3. _____
4. _____
5. _____

At the next session, briefly discuss your successful anger management techniques.