

Time Out Anger Worksheet

During times of great stress when you start to become angry, a way that you can manage your rage is by taking a time out to assess your situation. Keep this worksheet handy so you can pull it out the next time you face an anger-provoking situation. After you do the following exercises here, you will find that you won't need the worksheet any longer and can follow the steps without it.

Note: You may not always be able to separate yourself from a situation to do this worksheet. However, for the times you can, take advantage of this exercise. It will teach you what to do in circumstances where you can't break away.

Why are you angry?

What is your first reaction to the situation?

Is your first reaction the best way to handle it - why or why not?

What is a better way to handle what happened?

If that does not work, what is your alternate plan?
