

# My Anger Management Plan

Make a written plan for dealing with real-life provocations. Complete this worksheet for every situation in which you find yourself getting angry.

## Precipitating Event:

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## Anger-triggering Thoughts:

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## Anger Distortions:

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## Coping Thoughts/ Revised Distortions:

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## Relaxation Strategy (Body Scan, Deep Breathing, progressive relaxation):

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## Coping Behaviors (count to ten; excuse yourself from situation; take a walk; look for compromise):

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