

Chapter 2

Building Health Skills

Expressing Anger in Healthy Ways (pp. 42–43)

Some responses to anger can improve a situation or at least make you feel better. Other responses can make a bad situation worse. Use this worksheet to think about how you typically express anger and how you might respond in more positive ways in the future.

1. Accept your feelings.

Explain why it is important to accept your anger.

2. Identify your triggers.

Before you deal with your anger, you need to know what makes you angry. Do the things on this checklist tend to make you angry?

Having to deal with certain people	Yes	No
Having to deal with certain situations	Yes	No
Thinking about events in the past	Yes	No
Thinking about my future	Yes	No

3. Describe your response.

Some people tend to yell when they are angry. Some tend to cry. Some pretend they don't care. There are three possible responses to anger. Think about how you tend to behave when you are angry and record your answer below.

Expressing Anger in Healthy Ways *(continued)*

4. Seek constructive alternatives.

Which of these alternatives have you used to deal with anger?

Address the problem.	Yes	No
Release excess energy.	Yes	No
Avoid certain situations.	Yes	No
Avoid destructive behaviors.	Yes	No
Ask for help.	Yes	No

5. Evaluate your progress.

For a week, keep track of your responses to anger. Briefly describe the situation and your response. At the end of the week, evaluate your progress.

Situation	Response
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____

Did your responses improve during the week?
