

Get to Know Your Anger Worksheet

Understanding our anger can help us recognize patterns, manage our emotions, and respond in healthier ways. Take some time to reflect on how anger affects you by completing the prompts below.

When I am angry:

- My body feels...
 - My mind is...
 - My mood is...
 - My energy is...
 - I act like...
 - I want...
 - I need...
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Recognizing Triggers & Patterns

- I often feel angry when...
 - A common trigger for my anger is...
 - Situations that intensify my anger include...
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Healthy Coping Strategies

- A healthy way I can express my anger is...
 - One thing that helps me calm down is...
 - A positive way to release anger is...
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Reflection & Growth

- If my anger could talk, it would say...
 - Something anger has taught me about myself is...
 - The last time I handled my anger in a positive way, I...
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Visual Expression (Optional)

- Draw or describe what your anger looks like.
 - What color or shape best represents your anger?
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Wrapping It Up

Anger is a natural emotion, but how we respond to it makes all the difference. By understanding what activates our anger and how it manifests, we can find healthier ways to cope and express ourselves. Take a moment to reflect on your answers. What's one small step you can take today to manage your anger in a positive way?

Remember, your feelings are valid, and you have the power to choose how you respond.

This worksheet is for personal use and is not for diagnostic purposes.