

Anger Decision Sheet

The following worksheet is designed to help people identify personal triggers for becoming angry with themselves or others. It can be used as a flashcard or brief action plan to help diffuse feelings of anger. The examples listed below cover the general themes involved in anger. Following cognitive restructuring the client can either chose to respond to their trigger by Letting Go of the anger (reappraisal), or they can chose to Act Assertively.

Trigger	Letting Go	Or	Acting Assertively
<p>When there has been an injustice</p> <p><i>Someone jumps the queue in the supermarket which annoys me</i></p>	<p><i>Tell myself - "This happens, it's not personal and does it really matter?"</i></p>		<p><i>Use assertiveness techniques to calmly point out to this person that they have pushed in and ask them to wait their turn</i></p>
<p>Am prevented from doing something I want to do</p> <p><i>My partner arrives late at the cinema and we miss the start of the film</i></p>	<p><i>Tell myself - "People run late sometimes, I can't always have things my way, that's life"</i></p>		<p><i>Calmly ask my partner their reason for being late and explain my frustration, use empathic or consequence assertion</i></p>
<p>When I am criticised</p> <p><i>My boss points out a mistake I've made at work</i></p>	<p><i>Tell myself - "Criticism isn't all bad, I can learn something from this"</i></p>		<p><i>Use Negative Assertion or Negative Enquiry techniques to find out the specific nature of the criticism</i></p>
<p>When I or someone else has broken one of my rules</p> <p><i>I forget my friend's birthday</i></p> <p><i>My partner didn't listen to my opinion when we argued</i></p>	<p><i>Tell myself - "It's ok to make mistakes, no one is perfect"</i></p> <p><i>Tell myself - I would prefer it if they did listen but this isn't always going to happen</i></p>		<p><i>Be honest with my friend, listen to how they feel about it</i></p> <p><i>Decide how important it is that this rule is kept to and let the other person know what specifically I'm angry about by taking ownership of my feelings about it without blaming them</i></p>

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