

Anger Management Worksheet

Check off what behaviors you have when you are angry.



What are positive ways to handle anger versus negative ways?

- I yell and scream when I am upset
- I throw things.
- I try to get my mind off of it.
- I slam doors when I am angry.
- I watch television.
- I play video games.
- I run away.
- I say mean things to others.
- I write in my journal.
- I talk to the school counselor.
- I kick things.
- I tear up things.
- I listen to music.
- I talk to my parent.
- I take it out on my pet.

- I use my breathing techniques.
- I throw a fit.
- I get revenge.
- I try talking it out with the person.
- I use threatening words.
- I avoid the person I am mad at.
- I post things on social media.
- I make comments under my breath.
- I insult others.
- I watch something funny.
- I do physical exercise.
- I use bad language.
- I cry.
- I talk back to the person I am angry with.
- I read a book.