

# Anger Think Sheet

Check all the answers that apply to you.

## I felt:

- ☐ Annoyed
- ☐ Frustrated
- ☐ Angry
- ☐ Furious

## My body gave me these clues that I felt this way:

- ☐ My face got hot.
- ☐ My arms were crossed.
- ☐ My breath got faster.
- ☐ My hands were in fists.
- ☐ Other: \_\_\_\_\_

Answer the questions below using complete sentences.

**This is what happened to make me feel this way:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**My favorite way to calm down is to** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**When I feel this way, what do I need from others?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**If I lost control, what could I do differently next time I feel this way?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_