

Anger Control Plan

Name: Juan

Goals

1. Don't get into fights with people.
2. Fight/argue less with Jessica at home.
- 3.

High-Risk Triggers

1. Arguments or disrespect.
2. People taking advantage of others.
3. Illegal actions.
- 4.

Warning Signs – Watch Out!

1. Feel tense.
2. Can't sit still.
3. Feel like no one understands me.
- 4.

Tools – What To Do...

1. Remind myself to “keep my cool.”
2. Take time outs when I need to.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.