

## Anger Control Plan

Name: Terrell

### **Goals**

1. Not get angry when I have to wait some place.
2. Get along better with family/friends.
- 3.

### **High-Risk Triggers**

1. Getting stuck in traffic.
2. Feeling like I'll be late.
3. Getting blamed for something I didn't do.
- 4.

### **Warning Signs – Watch Out!**

1. When I think that other drivers are trying to slow me down.
2. When I think I'm going to be late.
3. Feel tired.
4. Hungry.

### **Tools – What To Do...**

1. Go to bed early (don't watch late news).
2. Review tools.
3. Take a deep breath.
4. Take a timeout.
5. Call a close friend.
6. Go to the gym.
7. Eat a good meal – No junk food!
8. Stop “all or none” thinking.