| AIMS anger & IRRITABILITY MANAGEMENT SKILLS | To learn more visit VA's free online Anger & Irritability Management Skills Course at www.VeteranTraining.va.gov/aims |
|--|---|
| Anger Control Plan | |
| Name: | |
| 🔆 Goals | |
| 1. | |
| 2. | |
| 3 | |
| High-Risk Triggers | |
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| Warning Signs – Watch Out! | |
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 🔀 Tools – What To Do… | |
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |