

Anger Control Plan

Name: George

Goals

1. Get along with my wife and children better. Not yell at them so much.
2. Be able to spend time with other family without getting into fights with them.
3. Be a more positive and calm person, especially at work.

High-Risk Triggers

1. Being yelled at.
2. Being challenged.
3. Feeling like I'm being used, especially by family or at work.
4. Interacting with certain family members.

Warning Signs – Watch Out!

1. Muscles get tense.
2. Heart starts beating faster.
3. Telling myself that “They don’t understand me. They should treat me better.”
4. Start talking faster.

Tools – What To Do...

1. Look for the positive aspects and don't dwell on the negatives that raise my anger.
2. Slow down, count to 10 before saying/doing anything.
3. Step back, take a short time out, don't overreact.
4. Do something different (chores, surf, exercise, play tennis, etc.).
5. Use conflict resolution skills.
6. Use the ABCD model.
7. Don't get involved in coworker's problems.
8. Use humor.