

Anger Control Plan

Name: Paul

Goals

1. Stop yelling or being physically aggressive.
2. Practice my tools every day.
3. Keep anger meter below 5.

High-Risk Triggers

1. Dealing with paperwork or government red tape.
2. Someone is talking down to me.
3. Clerk is not helping me.
- 4.

Warning Signs – Watch Out!

1. Feel warm.
2. Heart rate goes up.
3. Pacing.
4. Thinking about how stupid someone is.

Tools – What To Do...

1. Tell myself: "I don't have the right to put my hands on anyone for any reason at all."
2. Deep breathing to relax.
3. Tell myself: "The best thing to do is to walk away from this situation."
4. Take a timeout.
5. Practice what I have to say ahead of time.
6. Tell myself: "This isn't worth the trouble."
7. Think ahead and plan that my anger is probably going to get tested today.
- 8.