

Anger Control Plan

Name: Sally

Goals

1. Try not to blow up and yell at the kids when things aren't how I want them to be.
2. Learn to deal with difficult customers at work.
3. Stay calm when driving around town.

High-Risk Triggers

1. Constantly cleaning up after someone else or reminding them to clean.
2. Inconsiderate drivers and people.
3. Being looked down upon by other people.
- 4.

Warning Signs – Watch Out!

1. Wanting to yell at others.
2. Feeling my shoulders tense up and stomach get upset.
3. Feeling frustrated.
4. Telling myself “I shouldn't have to deal with this!”

Tools – What To Do...

1. Deep breathing.
2. Self-talk: “World is not going to end.”
3. Thought stopping.
4. Talk to someone I trust.
5. Exercise.
6. Use the ABCD model.
7. Remember the negative consequences if I get aggressive.
8. Use conflict resolution model.