

Anger Control Plan

Name: Scott

Goals

1. Improve my relationship with Denise and John.
2. Stop overreacting to little things.
3. Don't get in trouble at work.

High-Risk Triggers

1. When I get home from work and am hungry or tired.
2. When John misbehaves.
3. When Denise doesn't understand me.
- 4.

Warning Signs – Watch Out!

1. I get sweaty.
2. My face turns red.
3. Sometimes I pound my fists.
4. I feel disrespected or stupid.

Tools – What To Do...

1. Deep breathing.
2. Timeout.
3. Listen to good music.
4. Take a walk.
5. Muscle relaxation.
- 6.
- 7.
- 8.