



# MOVING AHEAD: The Challenge

## Anger Management Worksheet

Thinking about your self-reflective examples in which anger may have not been the best reaction, how can you prevent yourself from negatively expressing your anger before these situations occur? List possible solutions below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Make a list of 5 hypothetical situations in which you may encounter negative energy or stress. As you experience these situations, how do you see yourself dealing with them? How likely are you to get angry?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Concerning how you express your anger (from the self-reflective worksheet), are you happy with your answer? Is there anything that you would like to change? How can you constructively express your anger in the future?

