



Anger Management Workbook

2025

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SECTION 1: Understanding Anger

Objective: Build foundational knowledge about what anger is and its psychological and physiological components.

SELF-ASSESSMENT TOOL

Measuring Your Progress and Growth

Instructions:

- Complete this questionnaire at the beginning of your anger management journey (Pre-assessment).
- After completing the programme or a defined period of practice, answer the same questions again (Post-assessment).
- Compare your answers to identify areas of growth and those needing further attention.

A. Self-Assessment Statements

For each statement, rate yourself on a scale from 1 to 5, where:

1 = Strongly Disagree

2 = Disagree

3 = Neutral

4 = Agree

5 = Strongly Agree

Statements	Pre-Assessment	Post-Assessment
1. I understand what triggers my anger.		
2. I can recognize early warning signs of anger.		
3. I manage my anger without harming others.		
4. I use healthy coping strategies when I feel angry.		
5. I communicate my feelings assertively and respectfully.		
6. I take responsibility for my anger and its consequences.		
7. I am aware of how my anger affects my relationships.		

Statements	Pre-Assessment	Post-Assessment
8. I feel confident in my ability to control my anger.		
9. I can stay calm in stressful or frustrating situations.		
10. I seek help or support when I struggle with anger.		

B. Reflection and Analysis

What improvements do you notice between your Pre- and Post-assessment?

Which areas require continued work or attention?

What strategies helped the most in your progress?

WHAT IS ANGER?

Anger is a normal and natural human emotion. It signals to us that something is wrong—an injustice has occurred, a boundary has been crossed, or a personal need is unmet. We are often taught that anger is unhealthy. Anger itself is not the problem or unhealthy; it is how we respond to it is what makes the difference.

DEFINITION AND MYTHS

Anger is an emotional state ranging from mild irritation to intense fury or rage. It is often accompanied by physical changes such as increased heart rate, elevated blood pressure, and a rush of adrenaline.

Myth	Truth
Anger is bad.	Anger is a normal emotion. What matters is how it's expressed.
You should always express your anger.	Not all expressions of anger are helpful or safe. Constructive expression is key.
Ignoring anger makes it go away.	Suppressed anger often builds up and can explode later.
People can't control their anger.	With the right tools and practice, anger can be managed.

ANGER VS. AGGRESSION VS. VIOLENCE

- Understanding the distinction between anger, aggression, and violence is crucial.
- Anger itself is not harmful or unhealthy.
- It is how we manage and express it that determines the outcome.
- The goal of anger management is to channel anger into healthy, non-aggressive responses, preventing aggression and violence.

ANGER

- **Definition:** Anger is a natural, normal emotional response to perceived threats, frustrations, or injustices. It signals that something is wrong and motivates us to address the issue.
- **Characteristics:**
 - Internal feeling of displeasure or irritation
 - Can be mild (annoyance) to intense (rage)
 - Does not necessarily involve harmful actions
 - Often temporary and subsides with time or coping
- **Function:** Anger can be constructive when expressed appropriately, helping individuals set boundaries, communicate needs, and resolve conflicts.
- Anger itself is not usually the primary emotion- fear, sadness, hurt, frustration or powerlessness often lies beneath anger.
- As those emotions are often very scary to express as they make us feel vulnerable and exposed- we opt for anger instead, as it doesn't leave us feeling so vulnerable.

AGGRESSION

- **Definition:** Aggression is behaviour intended to harm, intimidate, or dominate others. It often arises from anger but is a separate concept focused on action rather than emotion.
- **Characteristics:**
 - Can be verbal (yelling, threats) or physical (hitting, pushing)
 - May be impulsive or premeditated
 - Often escalates conflict rather than resolves it
 - May be used as a means of control or power
- **Note:** Aggression is a maladaptive response when used to express anger or resolve disputes.

VIOLENCE

- **Definition:** Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or a group, resulting in injury, death, psychological harm, or deprivation.
- **Characteristics:**
 - Extreme form of aggression
 - Causes physical or emotional harm
 - Illegal and socially condemned behaviour
 - Has serious consequences for victims and perpetrators

Concept	Description	Example
Anger	An internal emotional response to a perceived threat or injustice.	Feeling angry when someone insults you.
Aggression	Behaviour intended to dominate or hurt others (can be verbal or non-verbal).	Yelling or using threatening body language.
Violence	Physical force used to harm, damage, or kill.	Hitting someone or destroying property.

Illustrative Story:

Lebo was walking home from work when someone cut in front of him in line at the taxi rank. He felt a surge of heat in his chest and clenched his fists—he was angry. Instead of shouting or fighting, he stepped aside, took a deep breath, and reminded himself that losing control could lead to trouble. Lebo's awareness of his anger helped him avoid aggression.

THE FUNCTION OF ANGER

Anger, like all emotions, serves a purpose.



UNDERSTANDING HOW ANGER CAN HELP OR HARM

What is Protective Anger?

Protective anger is a natural and healthy emotional response that serves to:

- **Alert us to threats or injustice** — signalling when boundaries are crossed or rights are violated.
- **Motivate action** — prompting us to defend ourselves or others, solve problems, or make necessary changes.
- **Promote self-respect and fairness** — encouraging assertiveness and standing up for what is right.
- **Strengthen relationships** — when expressed constructively, it fosters honest communication and conflict resolution.

Example: When a person calmly confronts a colleague who takes credit for their work, they use protective anger to maintain fairness and respect.

What is Destructive Anger?

Destructive anger is anger expressed in ways that cause harm or negative consequences, such as:

- **Aggression or violence** — physically or verbally attacking others.
- **Passive-aggression or withdrawal** — expressing anger through sarcasm, silent treatment, or sabotage.
- **Impulsive outbursts** — uncontrolled rage leading to regret or damage.

- **Damaging relationships and opportunities** — causing fear, mistrust, or isolation.
- **Ignoring the real issues** — focusing on venting rather than problem-solving.

Example: Breaking objects or yelling insults during a disagreement reflects destructive anger, which damages relationships and escalates conflict.

Key Differences

Aspect	Protective Anger	Destructive Anger
Purpose	To signal, protect, and motivate positive action	To harm, intimidate, or avoid underlying issues
Expression	Calm, assertive, controlled	Aggressive Explosive Passive-aggressive
Impact on Self	Builds confidence and self-respect	Leads to guilt, shame, or loss of control
Impact on Others	Encourages respect and understanding	Creates fear, mistrust, or harm
Outcome	Conflict resolution and personal growth	Escalation of conflict and damaged relationships

Why Focus on Protective Anger?

- It empowers you to handle challenges without causing harm.
- It preserves your dignity and relationships.
- It enables problem-solving and constructive change.
- It helps manage stress and emotional wellbeing effectively.

Self-Reflection Worksheet: How Do I Express My Anger?

- **How do I typically express my anger—protectively or destructively?**

- **What are the consequences of my current anger expressions?**

- **What steps can I take to shift from destructive to protective anger?**

BIOLOGICAL AND EMOTIONAL TRIGGERS

- **Triggers** are internal or external factors that activate anger responses.
- Recognizing your biological and emotional triggers helps you anticipate anger and apply coping strategies before it escalates.
- **Biological triggers** originate from physiological states or bodily conditions that increase irritability or reduce emotional regulation capacity.
- **Emotional triggers** relate to past experiences, current feelings, and psychological states that prime anger responses.
- Awareness of both types of triggers is essential for proactive anger management.

Biological Triggers:

- Lack of sleep
- Hunger
- Substance use (drugs/alcohol)
- Hormonal changes

Emotional Triggers:

- Feeling disrespected
- Feeling powerless
- Past trauma or unresolved pain

IDENTIFYING YOUR TRIGGERS WORKSHEET

Become Aware of What Sparks Your Anger

Instructions:

- Reflect honestly on situations, feelings, and physical states that tend to provoke anger.
- Use this worksheet to list and categorize your triggers.
- This awareness is a vital step toward managing anger effectively.

A. Biological Triggers

These are physical or bodily conditions that increase your likelihood of becoming angry.

Common Examples: Fatigue, hunger, pain, hormonal changes, substance use, stress symptoms.

My Biological Triggers	How It Makes Me Feel / React

B. Emotional Triggers

These relate to feelings, past experiences, or situations that trigger emotional responses linked to anger.

Common Examples: Feeling disrespected, fear, frustration, rejection, guilt, jealousy, unmet expectations.

My Emotional Triggers	How It Makes Me Feel / React

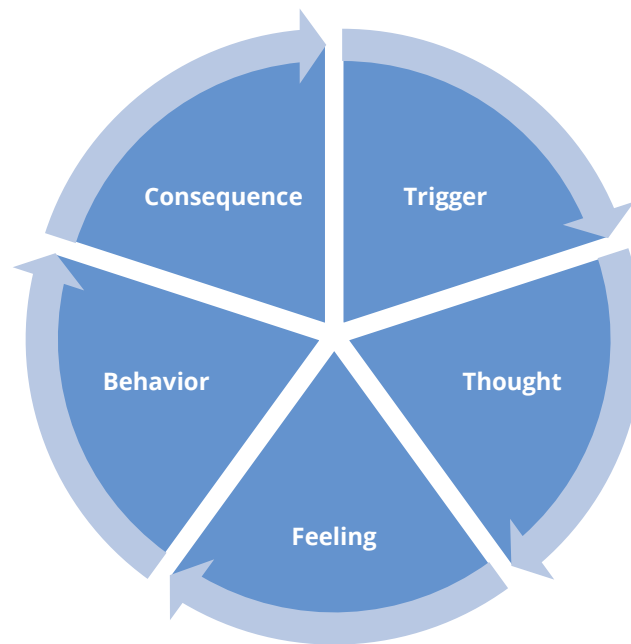
C. Reflection Questions

- Which triggers are most frequent or intense for me?
- Are there patterns in when or where my anger arises?
- How do I currently respond when these triggers occur?

D. Action Plan (

Trigger	New Strategy to Manage This Trigger	Support Needed

THE ANGER CYCLE



- Anger does not erupt out of nowhere—it follows a predictable cycle.
- By understanding this sequence, you can learn to interrupt the process before your behaviour becomes harmful.

THE CYCLE BROKEN DOWN

Stage	Definition	Example
Trigger	The event or situation that starts the cycle. It can be external (a person, event) or internal (a memory, worry).	A driver cuts you off in traffic.
Thought	The interpretation or belief about the trigger. Often automatic and shaped by past experiences.	He disrespected me on purpose.
Feeling	The emotional reaction based on your thoughts.	Anger, irritation, humiliation.
Behaviour	The action you take in response to the emotion.	Yelling, making rude gestures, tailgating.
Consequence	The result of your behaviour—both immediate and long-term.	Risk of accident, legal trouble, or regret later.

Thabo and the Broken Phone

Thabo was already stressed from a job interview that didn't go well. As he walked into the kitchen, his younger brother accidentally knocked Thabo's phone off the counter. It shattered on the floor.

Trigger: The phone breaking.

Thought: He did that on purpose because he's jealous.

Feeling: Furious, disrespected.

Behaviour: Thabo shouts, shoves his brother, and storms out.

Consequence: His brother cries. Their mother intervenes. Thabo feels ashamed and avoids his family for days.

Reflection: The real issue wasn't just the phone—it was Thabo's stress, assumptions, and inability to pause before reacting.

The Power Of Interrupting The Cycle

If Thabo had paused between *Feeling* and *Behaviour*, he could have chosen a different path:

- **New Thought:** It was an accident. He looks scared.
- **New Behaviour:** Deep breath, check the damage, speak calmly.
- **New Consequence:** Less conflict, no physical aggression, open communication.

MY PERSONAL ANGER CYCLE WORKSHEET

Instructions: Fill out this table based on a real experience.

Describe a recent situation where you got angry	What was the trigger?	What thought went through your mind?	What did you feel?	How did you act?	What was the outcome?

Now reflect:

- **Where could you have paused the cycle?**

- **How would you approach it differently now?**

Key Insight: You may not control every trigger, but you **can** control how you respond once you recognize the cycle.

PERSONAL ANGER TRIGGERS INVENTORY

- **Instructions:**
Review the categories below.
- Tick the specific situations that commonly trigger your anger.
- Then complete the reflection questions at the end. Be honest—this is for your growth.

COMMON TRIGGER CATEGORIES

- **Disrespect or Rejection**
 - Being ignored
 - Being insulted
 - Being lied to
 - Being humiliated in front of others
 - Feeling excluded or left out
 - Being unfairly treated
- **Authority or Control Issues**
 - Being told what to do
 - Being disciplined or corrected
 - Feeling powerless
 - Someone questioning my decisions
- **Unmet Expectations**
 - People not keeping promises
 - Being disappointed by someone
 - Plans changing without notice
 - Not being recognized for effort
- **Stress and Pressure**
 - Financial problems
 - Deadlines or workload
 - Family responsibilities
 - Lack of sleep or poor health
- **Relationships**
 - Arguments with partner/family
 - Feeling misunderstood
 - Lack of appreciation
 - Jealousy or betrayal
- **Environment**
 - Crowded or noisy places
 - Waiting in long lines or traffic
 - Feeling trapped (e.g. in prison, at home)
 - Being in unfamiliar or unsafe settings
- **Injustice or Unfairness**
 - Seeing others treated badly
 - Being blamed unfairly
 - Being judged for my past
 - Discrimination or racism

PERSONAL TRIGGERS (Write your own)

List specific situations or people that regularly trigger your anger.

REFLECTION QUESTIONS

- Which 3 triggers happen most often in your daily life?
- Do certain people or environments consistently trigger you?
- ☐Yes ☐No
- If yes, who or what?
- Which triggers are outside of your control? Which ones can you manage or avoid?

Uncontrollable triggers:

Controllable triggers:

ACTION STEP

Pick one common trigger and write down a new way you could respond to it next time:

Trigger:

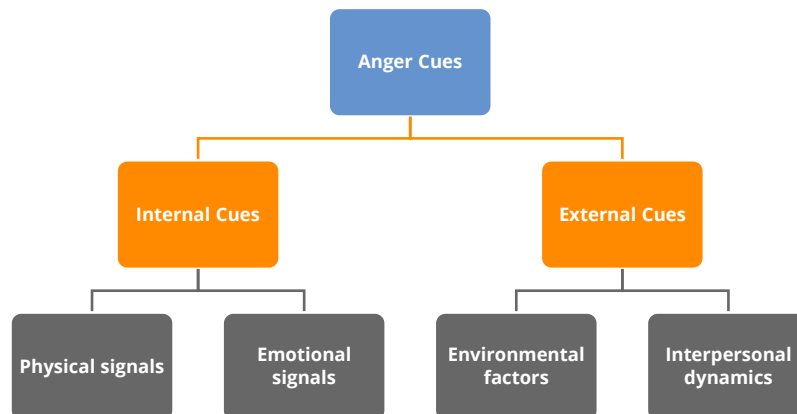
Old Reaction:

New Response Strategy:

SECTION 2: Recognizing Anger Cues

Objective: Help individuals identify early warning signs and physical cues of anger.

- Anger rarely appears out of nowhere.
- It builds up through internal and external cues.
- Learning to recognize these early signs is critical in stopping anger from turning into aggression or violence.
- Early recognition = Greater control.



INTERNAL CUES

PHYSICAL SIGNALS (HEART RATE, MUSCLE TENSION)

- Your body often reacts to anger before your mind even realizes it.
- These physical cues are part of the body's **fight-or-flight** response.

Physical Sign	What It Feels Like
Increased heart rate	Pounding or racing heart
Muscle tension	Clenched fists, stiff jaw, tight neck or shoulders
Heat in the face or body	Flushed skin, sweating, feeling hot
Shaking or trembling	Hands or legs tremble involuntarily
Rapid breathing	Breathing faster or shallower
Upset stomach	Nausea, stomach in knots
Restlessness	Pacing, fidgeting, can't sit still
Tight chest	Pressure or discomfort in the chest area

**These signs are your body's way of saying: Something is wrong.
The earlier you catch them, the more control you have.**

EMOTIONAL SIGNALS (IRRITATION, FRUSTRATION)

- Anger is usually preceded by **softer emotions** that are often ignored or suppressed.
- These are emotional cues that something is bothering you.

Emotion	Possible Message
Irritation	Something small is bothering me
Frustration	I feel blocked or helpless in achieving something
Embarrassment	I feel exposed or ashamed
Hurt	I feel emotionally wounded
Rejection	I feel unwanted or pushed away
Disrespected	I feel undervalued or insulted
Powerless	I feel out of control or helpless

*Unacknowledged emotions can fuel anger.
Naming what you're actually feeling helps prevent escalation.*

WORKSHEET: MY INTERNAL CUES INVENTORY

Instructions: Tick the cues you commonly experience when you're getting angry.

PHYSICAL CUES

- ☐ Heart racing
- ☐ Clenched fists
- ☐ Jaw tightening
- ☐ Sweating
- ☐ Trembling
- ☐ Stomach discomfort
- ☐ Shallow breathing
- ☐ Restlessness
- ☐ Feeling hot or flushed
- ☐ Other: _____

EMOTIONAL CUES

- ☐ Irritation
- ☐ Sadness ☐ Frustration
- ☐ Hurt
- ☐ Embarrassment
- ☐ Rejection
- ☐ Shame
- ☐ Disrespect
- ☐ Powerlessness
- ☐ Other: _____

REFLECTION QUESTIONS

What are the first physical signs you notice when you start to get angry?

What emotions tend to come before your anger?

Have you ever ignored these signs and regretted your reaction later?

☐ Yes ☐ No

If yes, describe what happened:

ACTION TIP

Practice Body Awareness:

- Spend one minute each day scanning your body for signs of tension.
- Check your jaw, shoulders, chest, and hands.
- Breathe deeply.
- The more familiar you are with your baseline, the faster you'll catch anger when it builds.

EXTERNAL CUES

ENVIRONMENTAL FACTORS

- Not all anger comes from inside us.
- Often, we are reacting to things happening around us—people, places, and situations.
- These **external triggers** can provoke strong reactions, especially when they tap into deeper frustrations, past experiences, or feelings of powerlessness.
- These are elements of the **physical or social environment** that can cause stress or discomfort, making anger more likely.
- Environmental triggers often affect us when we feel trapped, disrespected, or overstimulated.

Trigger	How It Can Cause Anger
Crowded spaces or public transport	Feeling overwhelmed, lack of personal space
Loud noise or constant interruptions	Sensory overload, irritation builds
Traffic or delays	Feeling disrespected or out of control
Dirty or chaotic surroundings	Triggers stress, sensory discomfort
Extreme weather (heat, cold)	Physical discomfort intensifies irritability
Being confined or restricted	Feeling trapped (e.g. incarceration, lockdown, curfew)
Financial pressure or unemployment	Persistent stress, sense of failure or hopelessness

*Environmental triggers often wear us down slowly.
We don't notice how much they affect us—until we explode.*

INTERPERSONAL DYNAMICS

- The way people treat us—or how we interpret their actions—can be one of the **strongest anger triggers**.
- Many people with poor anger control have a history of being disrespected, misunderstood, or emotionally hurt.

Trigger	Typical Reactions
Being lied to	Betrayal, distrust
Being ignored or interrupted	Feeling unimportant or invalidated
Being blamed unfairly	Defensive anger, need to protect self-image
Being criticised (even constructively)	Feeling attacked, embarrassed
Feeling disrespected	Reacting to perceived threats to status or pride
Being teased or mocked	Feeling humiliated or targeted
Arguments with loved ones	Deep emotional pain, fear of abandonment
Authority figures being controlling	Resentment, resistance, especially if one has past trauma

People are often triggers not because of what they say, but how we interpret what they mean.

The Job Centre Incident

Sipho has been unemployed for several months. On his fifth visit to the job centre, the receptionist tells him he's missing paperwork. She seems rushed and doesn't make eye contact.

- **Environmental Trigger:** Long queue, loud space, heat, and physical discomfort.
- **Interpersonal Trigger:** Feeling dismissed, like a number.
- **Reaction:** Sipho raises his voice, slams a chair, and storms out.
- **Consequence:** He is banned from returning to the job centre.

What really triggered Sipho? The paperwork—or the deeper frustration and humiliation?

IDENTIFYING YOUR EXTERNAL TRIGGERS WORKSHEET

Instructions: Tick the triggers that apply to you. Add your own if needed.

Environmental Triggers

- ☐ Noise or loud environments
- ☐ Crowds
- ☐ Waiting in line or delays
- ☐ Traffic or transport
- ☐ Poor living conditions
- ☐ Heat or discomfort
- ☐ Invasion of personal space
- ☐ Feeling stuck (e.g. no freedom)
- Other: _____

Interpersonal Triggers

- ☐ Feeling disrespected
- ☐ Being criticised
- ☐ Being blamed unfairly
- ☐ Feeling ignored
- ☐ Arguing with family/partner
- ☐ Being treated unfairly by authority
- ☐ Jealousy or betrayal
- ☐ Not being listened to
- Other: _____

WORKSHEET REFLECTION QUESTIONS

Which type of external trigger sets you off more—environmental or interpersonal? Why?

When was the last time your environment made it harder for you to stay calm?

Who in your life consistently triggers your anger? What patterns do you see?

What would help reduce or manage these triggers going forward?

Action Tip: Control What You Can.

You may not be able to avoid every trigger, but you can prepare for them.

- Use calming techniques in traffic.
- Set boundaries with difficult people.
- Take space when needed.

PERSONAL ANGER PROFILE WORKSHEET

KNOW YOURSELF, KNOW YOUR TRIGGERS

- Everyone experiences anger differently.
- What makes one person explode might not bother someone else.
- The key to managing your anger is knowing **your own patterns**—what situations, people, and thoughts tend to trigger you the most.

IDENTIFYING HIGH-RISK SITUATIONS

- High-risk situations are specific contexts or moments where you are much more likely to lose control.
- These often involve stress, conflict, or personal vulnerability.
- If you find yourself often losing control- rather contact the NICRO offices or a mental health professional to schedule counselling for yourself so that you have a space where you can work through your anger in a safe manner.

Situation Type	Examples
Family Conflict	Arguments with partner, being accused, parenting stress
Authority Challenges	Police stops, being told what to do, workplace criticism
Stress & Fatigue	No sleep, hungry, dealing with money pressure
Public Disrespect	Being embarrassed in front of others, being mocked or ignored
Substance Use	Alcohol or drugs intensifying emotions
Failure or Disappointment	Rejection, losing a job, falling short of expectations
Isolation or Boredom	Feeling trapped, stuck at home, no stimulation
Crowded or Noisy Environments	Overstimulation, no privacy, constant interruptions

Anger thrives in environments where your needs are ignored, and your control feels threatened.

MAP YOUR HIGH-RISK SITUATIONS

Instructions: Tick the situations that apply to you and add specific examples.

High-Risk Category	This Happens to Me When...
Family arguments	
Authority challenges	
Money stress	
Public embarrassment	
After using substances	
When I'm tired or hungry	
Boredom or restlessness	
Other: _____	

COMMON ANGER-TRIGGERING THOUGHT PATTERNS

- Often, it's not just the **situation** that makes you angry—it's what you **tell yourself** about it.
- These automatic thoughts can fuel your anger and justify explosive reactions.

Thought Pattern	Examples
Personalizing	They're doing this to disrespect me.
Mind-reading	I know they're thinking I'm a loser.
Catastrophizing	This is the worst thing ever—I can't take it!
Blame-shifting	This is all their fault. They made me do it.
Entitlement	They should treat me better—I deserve respect.
All-or-nothing thinking	If they cross me once, they're dead to me.
Revenge mindset	I'll get back at them for this.

Anger is often driven more by how we think about the situation than the situation itself.

IDENTIFY YOUR COMMON THOUGHTS WORKSHEET

Instructions: Circle the thoughts you've had in past anger episodes and write down real examples.

Thought Pattern	Have I Thought This? (✓)	Example From My Life
They did that on purpose.	<input type="checkbox"/>	
I'm not letting anyone disrespect me.	<input type="checkbox"/>	
They always treat me like I'm nothing.	<input type="checkbox"/>	
This is unfair—I won't accept it.	<input type="checkbox"/>	
If I don't react, they'll think I'm weak.	<input type="checkbox"/>	

Reflection Questions

When are you most likely to get angry—what time of day or what situation?

Who are you usually angry at? Is there a pattern (same person, type of person)?

What thoughts run through your mind just before you act out in anger?

What's one high-risk situation you want to handle better in the future?

ACTION TIP: Recognize Before You React.

High-risk situations + toxic thoughts = a blow-up waiting to happen.
The goal is to catch the pattern early and use your tools **before** anger takes over.

ANGER DIARY TEMPLATE WORKSHEET

Instructions:

Complete this diary every time you feel anger rising or after an angry outburst. Be as honest and detailed as possible. Over time, this will help you understand your anger patterns and improve self-control.

SAMPLE ENTRY

Date/Time: 24 June 2025, 6:30 PM

Trigger: My younger brother borrowed my phone without asking.

Thoughts: He has no respect for my stuff.

Feelings: Disrespected, frustrated

Physical signs: Clenched jaw, raised voice

Behaviour: I yelled at him and slammed the door

Consequence: He cried, and now my mom is upset with me

Reflection: I overreacted. I could've just asked for the phone back calmly

Coping skill next time: Take 3 deep breaths and walk away for 5 minutes

Anger Scale: Before – 4 / Peak – 9 / After – 3

Date & Time: Enter your text

Situation/What Happened (The Trigger):

Where were you? Who was involved? What exactly set you off?

What Were You Thinking at the Time?

Note the thoughts or assumptions going through your mind.

Examples: They don't respect me. This is unfair.

What Were You Feeling (Emotionally)?

Choose as many as apply:

- ☐ Irritated
- ☐ Frustrated
- ☐ Embarrassed
- ☐ Hurt
- ☐ Disrespected
- ☐ Rejected
- ☐ Powerless

Other: Enter your text

What Did You Feel Physically?

What signals did your body give you?

- ☐ Fast heartbeat
- ☐ Clenched fists/jaw
- ☐ Tight chest
- ☐ Shaking
- ☐ Hot face
- ☐ Tense muscles

Other: Enter your text

How Did You React?

What did you say or do? Be specific.

What Was the Outcome or Consequence?

What happened as a result? Did the situation improve or worsen?

ANGER SCALE (0–10)

Rate your anger level during the episode.

Before the trigger:

At your peak:

After calming down:

Was my reaction helpful or harmful? Why?

What could I have done differently?

What coping skill could I try next time?

(e.g., walk away, deep breathing, count to 10, assertive communication)

SECTION 3: Managing Reactions

Objective: Teach clients strategies to interrupt and manage escalating anger.

SHORT-TERM ANGER CONTROL TECHNIQUES

Before You Explode – Stop, Breathe, Regain Control

- In the heat of the moment, when anger hits hard, you need **fast, simple tools** to stop yourself from reacting destructively.
- These techniques do **not erase the anger**, but they help create enough **mental space** to respond instead of react.

BREATHING TECHNIQUE: CONTROLLED BREATHING

- When you're angry, your body enters fight-or-flight mode: heart rate increases, muscles tense, and your thinking narrows.
- Controlled breathing reverses this.

The 4-7-8 Technique

- **Step 1:** Inhale deeply through your nose for 4 seconds
- **Step 2:** Hold the breath for 7 seconds
- **Step 3:** Exhale slowly through your mouth for 8 seconds
- **Repeat** for at least 4 cycles

Breathing slows the heart rate, reduces adrenaline, and reactivates your thinking brain.

COUNTING TECHNIQUE: DELAY THE REACTION

Counting helps put **time** between the **trigger** and your **response**.

Simple Counting Exercise

- Slowly count from **1 to 10**
- With each number, **breathe out and release tension** from one part of your body
- If still angry at 10, keep going
- **Tell yourself:** I don't have to act right now.

Every second you delay gives your logical brain a chance to take over from your emotional brain.

GROUNDING TECHNIQUES: RETURN TO THE PRESENT

- Grounding pulls you out of your angry mind and brings your attention back to the real, physical world.
- This is especially useful if anger is linked to **trauma, overthinking, or emotional flashbacks.**

The 5-4-3-2-1 Technique

Name...

- **5** things you can see
- **4** things you can feel (e.g., clothes, chair, feet on ground)
- **3** things you can hear
- **2** things you can smell
- **1** thing you can taste or imagine tasting

**You can't stay in rage and mindfulness at the same time.
Grounding resets your nervous system.**

TIME-OUT STRATEGY: REMOVE YOURSELF TO REGAIN CONTROL

- A time-out is not a sign of weakness or avoidance.
- It's a smart, conscious decision to protect yourself and others while you cool down.

Steps to Take a Constructive Time-Out

- **Recognize the signs:** I'm close to losing it.
- **Announce it if necessary:** I need 10 minutes to cool off.
- **Walk away** from the person or situation
- Go to a neutral place (outside, bathroom, quiet room)
- Use your breathing, grounding, or calming routine
- **Return only when you feel in control**

***Taking space is an act of maturity.
Blowing up in the moment only escalates the damage.***

COMBINING TECHNIQUES: A QUICK INTERVENTION

When anger hits, try this 3-minute sequence:

- Breathe deeply for 4-7-8 seconds
- Count from 1 to 10 slowly

- Name 5-4-3-2-1 grounding items
- Remove yourself from the situation for 10 minutes if needed

REFLECTION EXERCISE WORKSHEET

Which of these techniques feels most natural to you? Why?

When was the last time you lost control? How could a technique above have helped?

What's your new go-to move when you feel yourself getting angry?

ACTION TIP: Practice Before You Need It.

- These skills work best when practiced **daily**, not just when you're angry.
- Try 2 minutes of deep breathing or grounding every morning. Build the muscle.

COGNITIVE RESTRUCTURING

Change Your Thoughts, Change Your Reactions

- Anger is often not caused by what happens to us, but by how we interpret what happens.
- These interpretations—or automatic thoughts—can be irrational, exaggerated, or distorted.
- Learning to challenge and reframe these thoughts is key to staying in control.

Challenging Irrational Thoughts

- Irrational thoughts are inaccurate or exaggerated beliefs we tell ourselves in response to triggers.
- These thoughts increase our anger by making things feel more personal, threatening, or unjust than they really are.

Common Irrational Thought Patterns

Thought Pattern	Example	Why It's Irrational
Mind-reading	He's looking at me because he thinks I'm weak.	Assumes intentions with no evidence
Catastrophizing	If she leaves, my life is over.	Exaggerates consequences beyond reality
Blame-shifting	They made me act this way.	Denies personal responsibility
All-or-nothing thinking	If they cross me once, they're dead to me.	Ignores complexity, assumes extremes
Entitlement	They have no right to talk to me like that.	Inflates ego, overlooks shared responsibility
Overgeneralization	People always take advantage of me.	Uses one experience to judge all others

Steps to Challenge an Irrational Thought

- **Identify the Thought**
 - They're laughing at me. They think I'm stupid.
- **Examine the Evidence**
 - What proof do I have? Have I misunderstood?
- **Consider Other Explanations**
 - Could they be laughing at something else?
- **Ask: Is this helpful or harmful?**
 - Does thinking this way help me stay in control?
- **Replace with a Balanced Thought**
 - I don't know what they're laughing at. I won't assume the worst.

REFRAMING TECHNIQUES

- Reframing means consciously replacing a negative or irrational thought with a more balanced and constructive one.
- This doesn't mean denying how you feel.
- It means shifting how you choose to see a situation.

Reframing Examples

Trigger	Irrational Thought	Balanced Reframe
Someone cuts in line	They think they're better than me.	Maybe they didn't see me or are in a hurry.
Your partner criticizes you	They always attack me.	They might be trying to help, even if it's poorly said.
Your boss corrects your work	They want to humiliate me.	This is feedback, not a personal attack.
Someone ignores your message	They're disrespecting me.	They might be busy or forgot to respond.
You fail at something	I'm a failure. I'll never get it right.	I didn't succeed this time, but I can learn and improve.

THOUGHT CHALLENGE TABLE WORKSHEET

- The purpose of this worksheet is to help you identify and challenge unhelpful or irrational thoughts that contribute to your anger.
- By examining these thoughts closely, you can learn to replace them with more balanced and constructive thinking, which reduces anger intensity and improves your responses.

Step-by-Step Guide

- **Describe the Situation**
 - Briefly write down the event or circumstance that triggered your anger.
 - Be specific about what happened.
- **Record Your Automatic Thoughts**
 - Note the immediate thoughts that came to your mind during or right after the situation.
 - These are often quick, unfiltered interpretations or judgments.
- **Identify the Evidence For the Thought**
 - List any facts or observations that support your automatic thought.
 - This helps you see if your thought is based on reality.
- **Identify the Evidence Against the Thought**
 - Consider and write down information that contradicts or challenges your automatic thought.
 - This step encourages a more balanced view.
- **Generate a Balanced Thought**
 - Using the evidence for and against, create a more realistic and rational thought that is less likely to provoke anger.

- **Reflect on the Outcome**

- Describe how adopting this balanced thought might change your feelings and behaviour next time a similar situation occurs.

Tips for Effective Use:

- Be honest and detailed when recording your thoughts and evidence.
- Avoid jumping to conclusions or blaming others without support.
- Practice this exercise regularly to strengthen your cognitive restructuring skills.

Trigger Event	My Automatic Thought	Evidence For/Against	Reframed Thought
Enter your text			
Enter your text			
Enter your text			
Enter your text			
Enter your text			
Enter your text			
Enter your text			
Enter your text			

*Reframing puts you in control.
Instead of reacting with anger, you respond with purpose.*

REFLECTION QUESTIONS

What's one irrational thought you catch yourself thinking often?

What type of thought distortion do you use most: blaming, assuming, exaggerating?

Can you think of a recent time when reframing your thought could've helped?

What's a new thought you can use when feeling disrespected?

Action Tip: Train Your Thinking.

- Irrational thoughts don't disappear overnight.
- But with practice, you can catch them, challenge them, and choose a better way to think—and act.

ASSERTIVE COMMUNICATION

Say What You Mean Without Losing Control

- Many anger problems stem from poor communication—either saying nothing (passive), saying too much (aggressive), or saying things in the wrong way (passive-aggressive).
- Assertive communication means expressing your needs, feelings, and limits clearly without violating the rights of others.

WHAT IS ASSERTIVE COMMUNICATION?

Communication Style	What It Looks Like	Likely Outcome
Passive	Avoiding conflict, not speaking up, giving in	Anger builds up, you feel powerless
Aggressive	Yelling, blaming, threats, intimidation	Others feel disrespected; conflict escalates
Passive-Aggressive	Sarcasm, silent treatment, backhanded comments	Issues stay unresolved; relationships suffer
Assertive	Honest, clear, respectful communication of needs and boundaries	Builds mutual respect and resolves conflict calmly

Assertiveness is not weakness.

It's the strongest form of communication because it combines confidence with respect.

USING "I" STATEMENTS

- "I" statements help you speak from your own experience without blaming or attacking others.
- They keep conversations focused, respectful, and productive—especially in moments of conflict.

The Formula:

I feel [emotion] when [specific behaviour or situation] because [impact]. I need/want [clear request or boundary].

Aggressive Statement	Assertive I Statement
You never listen to me!	I feel frustrated when I'm interrupted because I don't feel heard.
You're so disrespectful!	I feel disrespected when I'm spoken to that way in front of others.
Stop being lazy and do something!	I feel overwhelmed doing this alone. I need your help with this task.
You make me angry!	I feel angry when I'm ignored because I want to be treated with respect.

EXPRESSING BOUNDARIES RESPECTFULLY

- Setting boundaries means telling others what you will and won't accept, in a calm, non-threatening way.
- Clear boundaries reduce the chance of future anger or conflict.

Boundary Setting Formula:

When **[situation/behaviour]**, I feel **[emotion]**. I need **[specific boundary or limit]**.

Situation	Boundary Statement
A friend shows up uninvited	When people drop by without asking, I feel disrespected. Please call first.
A partner raises their voice	When voices are raised, I feel anxious. I need us to speak calmly.
Colleagues interrupt you	When I'm cut off, I feel ignored. I need space to finish my thoughts.
Someone insults you	When I'm insulted, I feel hurt. I won't continue this conversation if it continues.

Boundaries are not demands—they are clear, enforceable limits that protect your wellbeing.

ASSERTIVE COMMUNICATION WORKSHEET

Step 1: Identify a recent conflict

Step 2: Write your automatic (unhelpful) response

What did you say or want to say?

Step 3: Rewrite it as an assertive I statement

Use the formula: *I feel... when... because... I need...*

Step 4: Practice saying it out loud

How does it sound? Can you say it calmly and clearly?

REFLECTION QUESTIONS

What situations make it hard for you to speak up respectfully?

Do you tend to be more passive, aggressive, or assertive? Why?

What's one relationship where better communication could reduce your anger?

How could an I statement change your next argument or disagreement?

ACTION TIP: Practice assertiveness daily—start small.

- Set one healthy boundary or use one "I" statement each day.
- Assertiveness is a skill. It gets easier—and more natural—the more you use it.

THOUGHT LOG WORKSHEET

Track It to Change It

- A Thought Log helps break the cycle of automatic, angry responses by **slowing down your thinking**, analysing your emotions, and choosing healthier reactions.
- Use this worksheet to practice self-awareness and identify patterns.

Trigger Event	Automatic Thought	Feeling (0–10 intensity)	Evidence For/Against	Alternative Thought	Outcome / Behaviour
e.g., My boss corrected me in front of coworkers	She thinks I'm useless	Embarrassed (7), Angry (6)	For: She was blunt. Against: She gave constructive points.	She may just want me to improve.	Stayed quiet, reviewed feedback later

Instructions:

- Use the log daily or after strong emotional episodes.
- Focus on accuracy—not judgment.
- Aim to identify patterns in your thoughts and reactions.

THOUGHT LOG WORKSHEET

Trigger Event	Automatic Thought	Feeling (0–10 intensity)	Evidence For/Against	Alternative Thought	Outcome / Behaviour

Trigger Event	Automatic Thought	Feeling (0-10 intensity)	Evidence For/Against	Alternative Thought	Outcome / Behaviour

POOR BOUNDARIES SELF-ASSESSMENT WORKSHEET

Purpose: To help you recognise where you may have unhealthy or ineffective boundaries, so you can begin building stronger, more respectful limits in your relationships and daily life.

Section 1: Common Signs of Poor Boundaries

Check all that apply to you:

- ☐ I often say yes when I want to say no
- ☐ I feel guilty when I prioritise my own needs
- ☐ I avoid conflict at all costs, even if it means tolerating disrespect
- ☐ I over-share personal information with people I don't trust
- ☐ I let others dictate my time, schedule, or energy
- ☐ I feel responsible for other people's emotions or problems
- ☐ I rarely ask for help, but I often feel resentful when others don't support me
- ☐ I tolerate inappropriate behaviour to keep the peace
- ☐ I downplay my feelings or opinions to avoid upsetting others
- ☐ I feel emotionally drained after interacting with certain people
- ☐ I feel uncomfortable asserting myself or expressing my needs
- ☐ I fear rejection if I don't comply with others' expectations

Section 2: Reflection

1. Which three checked boxes feel the most relevant to you right now?

2. How do these patterns affect your well-being or relationships?

3. Where in your life do you most struggle to set boundaries? (Tick all that apply):

- ☐ Work
- ☐ Family
- ☐ Romantic relationships
- ☐ Friendships
- ☐ Social media
- ☐ Time and energy
- ☐ Emotional availability

Self-Awareness Check

Answer the following prompts honestly:

I struggle to say no when...

I feel most resentful when...

I feel most taken advantage of by...

I feel drained after...

I want to be more assertive in situations where...

Insight and Intention

1. What is one unhealthy boundary pattern you are ready to change?

2. What might be getting in your way of setting that boundary? (Fear, guilt, pressure, etc.)

3. What would it look like to set a healthy boundary in that area?

4. What is one small boundary you will practise this week?

Closing Thought:

- Recognising poor boundaries is not a failure—it's the first step in reclaiming your time, energy, and self-respect.
- Boundaries are a form of self-care, not selfishness.

CORE VALUES AND BOUNDARIES WORKSHEET

Identify Your Core Values

Think about what matters most to you in relationships and life. Below are some examples—feel free to add your own.

- Respect
- Honesty
- Independence
- Peace of Mind
- Fairness
- Health (Mental/Physical)
- Loyalty
- Authenticity
- Trust
- Compassion
- Boundaries
- Growth
- Security

Write your top 5–10 core values here:

Reflect on Boundary Violations

Think about recent situations where you felt uncomfortable, stressed, or resentful. These feelings usually signal a boundary being crossed.

Situation or Relationship	What Happened?	Which Core Value Was Violated?	How Did It Make You Feel

Set Boundaries Based on Your Core Values

For each value you identified and violation you noted, write a boundary statement that protects that value.

Examples of Boundary Statements

- I need to be spoken to respectfully.
- I will not engage in conversations that become hostile.
- I am not available outside working hours unless it's urgent.
- I expect honesty and transparency.
- I need space when I feel overwhelmed.

My Core Values	Boundary Statement

My Core Values	Boundary Statement

Communicating Your Boundaries

Use the space below to draft how you might express your boundaries clearly, calmly, and respectfully. You can use value-based language to strengthen your message.

Example: Because I value respect, I need us to avoid raising our voices when we disagree.

My boundary communication examples:

Plan for Enforcement

Boundaries require follow-through. Write down the consequences you will enforce if your boundaries continue to be disrespected.

SECTION 4: Long-Term Anger Management Strategies

Objective: Introduce skills that reduce overall anger frequency and intensity over time.

EMOTIONAL REGULATION SKILLS

- Unregulated emotions—especially when unacknowledged—often build up until they erupt as anger or aggression.
- Emotional regulation is the ability to identify what you're feeling, understand why, and respond in a healthy way, rather than react impulsively.

Identifying Emotional Needs

- Every strong emotional reaction usually points to an unmet need—for respect, safety, connection, competence, or control.
- Recognizing these needs helps reduce defensiveness and redirect your energy constructively.

Emotion	Possible Unmet Need	Healthy Response
Anger	Respect, fairness, safety	Set boundaries, speak assertively
Disappointment	Support, achievement, understanding	Reframe expectations, seek constructive feedback
Shame	Acceptance, self-worth, forgiveness	Self-compassion, accountability, repair
Rejection	Belonging, connection, validation	Connection with others, self-reassurance
Frustration	Control, progress, clarity	Adjust goals, plan actions, express needs clearly

Behind every outburst is often a valid emotional need that wasn't met in a healthy way.

Coping With Disappointment, Shame, And Rejection

- These are some of the most triggering emotions for people who struggle with anger.
- When not addressed directly, they often turn into blame, silence, or rage.

DISAPPOINTMENT

- Disappointment occurs when reality doesn't meet our expectations. It often leads to irritation or anger at ourselves or others.
- Regulation Strategy:
 - Reframe: What can I learn or do differently next time?
 - Acknowledge the hurt without assigning blame.
 - Use **I** statements to express your needs.
 - Example: I was really looking forward to that. I feel let down, but I'll adjust and try again.

SHAME

- Shame says, There's something wrong with me. It's more than guilt (which says, I did something wrong)—it attacks the self and can lead to defensive anger.
- Regulation Strategy:
 - Challenge the inner critic: Is this mistake who I am, or something I did?
 - Separate shame from responsibility.
 - Use self-compassion and growth-focused language.
 - Example: I made a mistake. I'm learning. That doesn't define my worth.

REJECTION

- Whether in love, work, or friendship, rejection feels like exclusion or abandonment. It often sparks anger as a defence mechanism to cover hurt or vulnerability.
- Regulation Strategy:
 - Name the hurt: That made me feel unwanted or overlooked.
 - Remind yourself of your value—don't depend on one person's approval.
 - Reconnect with supportive people and affirm your worth.
 - Example: I'm hurt they didn't choose me, but that doesn't make me unworthy.

Case Study: Regulating Under Pressure

- **Situation:**
 - Thabiso doesn't get the job he interviewed for. His first thought is *They didn't pick me because I'm not good enough. I'll never get ahead.*
 - He feels rejected, ashamed, and angry. He snaps at his partner that night.
- **Reflection and Regulation:**
 - He identifies his real emotion: shame and disappointment.
 - He uses breathing to calm down.
 - He challenges the thought: One rejection doesn't define me.
 - He re-engages with his support network.
- **New Response:**
 - *I feel disappointed, but I'll keep applying. I've come far already.*

EMOTIONAL NEEDS CHECK-IN WORKSHEET

Situation	Emotion Felt	Underlying Need	Healthy Response

Reflection Questions

What emotions usually come before your anger—shame, disappointment, rejection?

How do you usually respond when those emotions come up?

What emotional needs do you find yourself constantly fighting for?

How can you express those needs without aggression?

Action Tip

*Emotions are messages, not commands.
Listen to them. Understand them. Then respond—not react.*

PROBLEM-SOLVING & CONFLICT RESOLUTION

- Don't Just React—Resolve It
- Unmanaged anger often masks underlying conflict or unresolved problems.
- Many people respond to conflict with blame, avoidance, or aggression.
- Learning how to solve problems rationally and negotiate calmly turns anger into progress instead of damage.

Steps To Solve Interpersonal Problems

- Effective problem-solving turns emotional situations into structured discussions.
- The following 6-step process gives a practical roadmap for managing interpersonal issues.

Step-by-Step Process:

Step	Action	Example
1. Identify the problem	What exactly is the issue? Be specific, not vague.	We argue when one of us is late.
2. Name your feelings	Use I statements to own your emotional response.	I feel disrespected when I'm kept waiting without a call.
3. Clarify the other person's perspective	Ask questions. Don't assume.	Was something delaying you? How did you see the situation?
4. Brainstorm possible solutions	Create options together. No judging yet.	Could we set a rule to call or text if we'll be late?
5. Agree on an action plan	Choose the most realistic solution.	We'll both send a message if we're running late.
6. Follow up and evaluate	Check in later. Is it working? Adjust as needed.	Let's check in next week and see if this improved things.

Stick to one issue at a time. Don't drag in past mistakes.

Case Study: Problem-Solving In Action

Scenario: Zanele and her teenage son argue constantly about chores. She feels disrespected; he feels nagged.

Poor Approach: Zanele yells. Her son slams the door. Nothing changes.

Structured Approach:

Problem: Chores are not being done consistently.

Feeling: I feel disrespected and frustrated when I come home and see things undone.

His perspective: I forget, and I feel like you only talk to me when you're angry.

Solutions brainstormed: Written chore chart, weekly check-ins.

Plan: Chores by 6 p.m., with reminders allowed—but no shouting.

Follow-up: Weekly review, respectful tone required on both sides.

Negotiation Basics

- Negotiation is not about winning—it's about finding common ground and preserving the relationship.
- Anger and ego destroy trust. Calm, respectful negotiation builds it.

Core Principles of Negotiation

Principle	What It Means
Focus on interests, not positions	Find out <i>why</i> they want what they want.
Separate the person from the problem	Don't attack. Stay on the issue, not on personalities.
Aim for win-win outcomes	Look for options that meet both sides' core needs.
Use objective criteria	Refer to fairness, agreed standards, or facts—not emotions.

Example: Negotiating Household Responsibilities

Position-Based Approach (Loses trust)	Interest-Based Approach (Builds solutions)
You never do your share!	I feel overwhelmed. I need shared responsibility so it's fair.
I do more than you!	Let's list our tasks and see where we can balance things.
You're lazy and selfish!	Can we agree on clear expectations so we don't fight every week?

Exercise: Apply The Steps

Scenario: Choose a real or recent conflict in your life.

What was the actual problem?

How did you feel, and how did you express it?

What was the other person's perspective?

What solutions could have worked for both sides?

What could you agree on together?

How would you follow up to ensure it works?

Reflection Questions

Do you avoid, attack, or resolve conflict?

What are the biggest blocks that stop you from solving problems calmly?

How could structured problem-solving reduce your anger in relationships?

Action Tip

- In conflict, don't focus on being right—focus on making it right.
- Train yourself to pause, clarify, and collaborate instead of reacting.

LIFESTYLE FACTORS

SLEEP, SUBSTANCE USE, DIET, AND EXERCISE

- Anger is not just an emotional reaction—it is also a **physiological** one.
- The way we treat our bodies directly impacts our emotional stability, impulse control, and ability to manage stress.
- Neglecting basic health habits increases the likelihood of overreacting, losing control, or misinterpreting situations.
- This section examines four key areas that influence emotional regulation and anger responses.

SLEEP

- **Why It Matters:**
 - Sleep deprivation reduces impulse control, increases irritability, and impairs judgment.
 - Lack of sleep amplifies emotional reactivity—small frustrations feel like major threats.
- **Practical Tips:**
 - Aim for 7–9 hours of quality sleep per night.
 - Establish a consistent bedtime routine and avoid screens before bed.
 - Address sleep issues (e.g., insomnia, nightmares) with a healthcare provider.

Reflection: *How does my mood change when I'm sleep-deprived? Do I overreact more easily?*

SUBSTANCE USE

- **Why It Matters:**
 - Alcohol and drug use impair self-control and lower emotional inhibition.
 - Substances can mask underlying emotional pain but increase anger outbursts when effects wear off.
 - Withdrawal or hangovers also increase anxiety, restlessness, and frustration.
- **Practical Tips:**
 - Reduce or eliminate substance use, especially in high-risk situations.
 - Know your triggers for using and seek support if dependency is an issue.
 - Replace substance use with healthier coping strategies (e.g., breathing, time-outs).
- **Note:** Anger management is less effective if substances are distorting your emotional baseline.

DIET

- **Why It Matters:**
 - Poor nutrition affects mood, concentration, and energy levels.

- Skipping meals or eating high-sugar foods can lead to blood sugar crashes, increasing irritability and aggression.
- **Practical Tips:**
 - Eat balanced meals at regular intervals—include protein, fiber, and healthy fats.
 - Limit caffeine and sugar, especially during high-stress periods.
 - Stay hydrated.
 - Self-Monitor:

Reflection: When was the last time I ate before I lost my temper?

Enter your text

EXERCISE

- **Why It Matters:**
 - Physical activity releases endorphins and reduces stress hormones like cortisol.
 - Exercise improves sleep quality and overall emotional resilience.
 - It provides a safe outlet for physical tension and frustration.
- **Practical Tips:**
 - Aim for at least 30 minutes of moderate exercise most days of the week.
 - Choose activities you enjoy—walking, swimming, dancing, cycling, etc.
 - Even 10-minute movement breaks can lower stress levels.
- **Try This:** Use brisk walking or stretching as a way to “cool down” during anger build-up.

Area	Effect on Anger	Positive Habits
Sleep	Lowers tolerance, increases irritability	7–9 hours, consistent routine
Substance Use	Lowers inhibition, impairs judgment	Limit or eliminate, replace with coping tools
Diet	Blood sugar swings fuel emotional reactivity	Eat balanced meals, avoid high-sugar/caffeine
Exercise	Relieves tension, improves mood regulation	Daily movement, enjoyable physical activities

Final Thought

- Your body is your emotional foundation.
- Building healthy habits in these four areas creates a strong base for managing anger constructively and consistently.

SELF-CARE ROUTINE CHECKLIST

Use this checklist to create a self-care routine that promotes your well-being and allows you to prioritize self-care in your daily life. Customize it to fit your preferences and needs.

Physical Self Care	
Get sufficient sleep (7-9 hours) every night	<input checked="" type="checkbox"/>
Engage in regular exercise or physical activity	<input checked="" type="checkbox"/>
Eat a balanced and nutritious diet	<input checked="" type="checkbox"/>
Stay hydrated by drinking enough water throughout the day	<input checked="" type="checkbox"/>
Practice good personal hygiene habits	<input type="checkbox"/>
Take breaks and stretch regularly, especially if you have a sedentary lifestyle	<input type="checkbox"/>
Schedule regular health check-ups and appointments	<input type="checkbox"/>
Emotional and Mental Self Care	
Engage in activities that bring you joy and relaxation (e.g., hobbies, reading, listening to music)	<input type="checkbox"/>
Practice mindfulness or meditation to calm your mind and reduce stress	<input type="checkbox"/>
Express your emotions through journaling or talking with a trusted friend or therapist	<input type="checkbox"/>
Set healthy boundaries in your relationships and prioritize your emotional wellbeing	<input checked="" type="checkbox"/>
Engage in positive self-talk and practice self-compassion	<input type="checkbox"/>
Limit exposure to negative news or triggers that impact your mental wellbeing	<input type="checkbox"/>
Engage in activities that stimulate your creativity and imagination	<input type="checkbox"/>
Social Self Care	
Nurture relationships with friends, family, and loved ones	<input type="checkbox"/>
Plan and engage in social activities that bring you joy and connection	<input type="checkbox"/>
Seek support and reach out to others when you need it	<input type="checkbox"/>
Practice active listening and meaningful communication with others	<input type="checkbox"/>
Surround yourself with positive and supportive people	<input type="checkbox"/>
Engage in acts of kindness and contribute to your community	<input type="checkbox"/>
Spiritual Self Care	
Engage in activities that align with your values and beliefs	<input type="checkbox"/>
Spend time in nature and appreciate its beauty	<input type="checkbox"/>
Practice meditation, prayer, or reflection to connect with your inner self	<input type="checkbox"/>
Seek inspiration from books, podcasts, or spiritual teachings	<input type="checkbox"/>
Engage in activities that promote gratitude and a sense of purpose	<input type="checkbox"/>
Explore your spirituality and engage in rituals or practices that bring you peace	<input type="checkbox"/>
Pampering and Relaxation	
Take warm baths or showers with soothing products	<input type="checkbox"/>
Indulge in a spa day or pamper yourself with selfcare treatments	<input type="checkbox"/>
Set aside time for relaxation activities such as reading, taking walks, or listening to calming music	<input type="checkbox"/>
Treat yourself to a massage or other therapeutic bodywork	<input type="checkbox"/>
Engage in hobbies or activities that help you unwind and recharge	<input type="checkbox"/>
Create a cozy and inviting space at home where you can relax	<input type="checkbox"/>

CHECKLIST: ASSESSING HEALTHY AND UNHEALTHY HABITS

For each habit listed below, mark whether it is a healthy or unhealthy habit for you personally. Be honest with yourself and consider the impact of each habit on your overall well-being.

Physical Health:	I Do This	I Don't Do This
- Regular exercise	<input type="checkbox"/>	<input type="checkbox"/>
- Sufficient sleep (7-9 hours per night)	<input type="checkbox"/>	<input type="checkbox"/>
- Balanced and nutritious diet	<input type="checkbox"/>	<input type="checkbox"/>
- Drinking enough water	<input type="checkbox"/>	<input type="checkbox"/>
- Avoiding excessive alcohol consumption	<input type="checkbox"/>	<input type="checkbox"/>
- Avoiding smoking or tobacco use	<input type="checkbox"/>	<input type="checkbox"/>
- Regular medical check-ups	<input type="checkbox"/>	<input type="checkbox"/>
Mental and Emotional Health:	I Do This	I Don't Do This
- Engaging in stress-reducing activities (e.g., mindfulness, meditation, hobbies)	<input type="checkbox"/>	<input type="checkbox"/>
- Seeking support from friends, family, or professionals when needed	<input type="checkbox"/>	<input type="checkbox"/>
- Setting and prioritizing realistic goals	<input type="checkbox"/>	<input type="checkbox"/>
- Maintaining a positive mindset	<input type="checkbox"/>	<input type="checkbox"/>
- Practicing self-care and self-compassion	<input type="checkbox"/>	<input type="checkbox"/>
- Managing time effectively	<input type="checkbox"/>	<input type="checkbox"/>
- Practicing relaxation techniques	<input type="checkbox"/>	<input type="checkbox"/>
Social Health:	I Do This	I Don't Do This
- Maintaining supportive and positive relationships	<input type="checkbox"/>	<input type="checkbox"/>
- Engaging in social activities and connecting with others	<input type="checkbox"/>	<input type="checkbox"/>
- Communicating effectively and assertively	<input type="checkbox"/>	<input type="checkbox"/>
- Respecting personal boundaries and the boundaries of others	<input type="checkbox"/>	<input type="checkbox"/>
- Balancing time spent alone and time spent with others	<input type="checkbox"/>	<input type="checkbox"/>
- Participating in community or volunteer activities	<input type="checkbox"/>	<input type="checkbox"/>
Productivity and Time Management:	I Do This	I Don't Do This
- Prioritizing tasks and setting clear goals	<input type="checkbox"/>	<input type="checkbox"/>
- Avoiding procrastination	<input type="checkbox"/>	<input type="checkbox"/>
- Managing and minimizing distractions	<input type="checkbox"/>	<input type="checkbox"/>
- Setting healthy work-life boundaries	<input type="checkbox"/>	<input type="checkbox"/>
- Taking breaks and practicing self-care during work/study sessions	<input type="checkbox"/>	<input type="checkbox"/>
- Seeking help or delegating tasks when necessary	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time and Digital Habits:	I Do This	I Don't Do This
- Limiting excessive screen time	<input type="checkbox"/>	<input type="checkbox"/>
- Practicing healthy online boundaries	<input type="checkbox"/>	<input type="checkbox"/>
- Avoiding excessive social media usage or comparing oneself to others	<input type="checkbox"/>	<input type="checkbox"/>

- Balancing screen time with offline activities and face-to-face interactions	<input type="checkbox"/>	<input type="checkbox"/>
- Using technology for productive purposes and personal growth	<input type="checkbox"/>	<input type="checkbox"/>
Personal Hygiene:	I Do This	I Don't Do This
- Maintaining regular personal hygiene practices (e.g., showering, brushing teeth)	<input type="checkbox"/>	<input type="checkbox"/>
- Washing hands regularly	<input type="checkbox"/>	<input type="checkbox"/>
- Taking care of hair, nails, and skin	<input type="checkbox"/>	<input type="checkbox"/>
- Wearing clean and appropriate clothing		
Financial Habits:	I Do This	I Don't Do This
- Budgeting and managing finances effectively	<input type="checkbox"/>	<input type="checkbox"/>
- Saving money regularly	<input type="checkbox"/>	<input type="checkbox"/>
- Avoiding excessive and impulsive spending	<input type="checkbox"/>	<input type="checkbox"/>
- Paying bills on time	<input type="checkbox"/>	<input type="checkbox"/>
- Planning and setting financial goals	<input type="checkbox"/>	<input type="checkbox"/>

After assessing each habit, reflect on your checklist and identify areas where you can improve your habits for better overall health and well-being. Use this self-assessment as a starting point to make positive changes in your lifestyle and create healthy habits that support your well-being.

SELF-CARE CHECKLIST TEMPLATE

PHYSICAL		M	T	W	T	F	S	S
1		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MENTAL		M	T	W	T	F	S	S
1		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EMOTIONAL		M	T	W	T	F	S	S
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPIRITUAL		M	T	W	T	F	S	S
1		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STRESS MANAGEMENT TECHNIQUES

- Effective stress management techniques are crucial for building resilience.
- You will be taught various strategies to manage stress, such as deep breathing exercises, progressive muscle relaxation, mindfulness meditation, and stress-reducing physical activities like exercise.
- These techniques help regulate emotions, reduce anxiety, and improve overall well-being.

DEVELOPING A STRESS-REDUCING ROUTINE

Creating a stress-reducing routine involves incorporating activities and practices that promote relaxation and well-being into your daily life. Reflect on the following questions and use the space provided to outline a stress-reducing routine that works for you.

1. What are some activities or practices that help you relax and reduce stress?
2. How much time can you allocate each day for stress reduction activities?
3. What specific actions or behaviours will you include in your routine? (e.g., exercise, meditation, hobbies)
4. How will you prioritize and commit to implementing your stress-reducing routine?
5. What potential obstacles or challenges might you encounter, and how can you overcome them?
6. How will you track and assess the effectiveness of your routine?

Write Your Stress-Reducing Routine Here

BODY SCAN MEDITATION

The body scan meditation is a practice that involves systematically bringing your attention to different parts of your body, noticing sensations, and cultivating body awareness. Find a quiet and comfortable space to practice the body scan meditation using the instructions below. Use the space provided to note any physical sensations, emotions, or insights that arise during the practice.

1. Lie down on your back or sit in a comfortable position with your eyes closed.
2. Begin by bringing your attention to your breath and taking a few deep, relaxing breaths.
3. Slowly scan your body from head to toe, noticing any areas of tension, discomfort, or relaxation.
4. As you focus on each body part, observe any physical sensations without judgment or the need to change them.
5. If you notice tension or discomfort, consciously relax those muscles and release any tension.
6. Spend a few moments on each body part, allowing yourself to fully experience the sensations present.
7. Once you have completed the scan, take a few moments to observe your body as a whole and notice any shifts or changes.

Your Observations and Insights Here

MINDFUL BREATHING

Mindful breathing is a powerful technique for reducing stress and cultivating a sense of calm. It involves bringing your attention to the present moment by focusing on your breath. Take a few minutes each day to practice mindful breathing using the instructions below. Use the space provided to jot down any observations or insights that arise during the practice.

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths to relax.
3. Begin to pay attention to your breath without trying to control it.
4. Place one hand on your chest and one hand at the top of your stomach (where your diaphragm is) Focus on trying to move only your hand that is on your diaphragm when you are breathing- as when you practice diaphragmatic breathing, it allows more air to enter your lungs.
5. Notice the sensation of your breath entering and leaving your body.
6. Focus your attention on the rise and fall of your abdomen or the sensation of air passing through your nostrils.
7. If your mind wanders, gently bring it back to the breath without judgment.
8. Continue this practice for 5-10 minutes, gradually increasing the duration as you become more comfortable.

Write Your Observations and Insights Here

PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation is a technique that involves tensing and then releasing different muscle groups to induce relaxation. Use the space provided to practice progressive muscle relaxation by following the steps below.

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths to relax.
3. Begin with your toes. Squeeze them tightly for a few seconds, then release.
4. Move to your calves. Contract the muscles, hold for a few seconds, and release.
5. Continue moving through each muscle group, progressively tensing and relaxing. (e.g., thighs, buttocks, abdomen, shoulders, arms, hands, etc.)
6. Pay attention to the sensations of tension and relaxation in each muscle group.
7. Once you have completed the entire sequence, take a few moments to notice the overall sense of relaxation in your body.

Observations and Insights

PANIC ATTACK EXERCISE

In the event that you suffer from panic attacks, teach yourself the following coping strategy. Practice this so that when you have a panic attack you know what to do.

- If you have shoes and socks on, take them off. If you are not comfortable taking off your socks, you can keep them on
- Feel the sensation of the surface you are standing on
- Try and focus on that sensation
- Say out loud something you know by heart- it can be a recipe, a song, steps to a work process, steps to your morning routine etc
- Say the steps of what you chose out loud as many times as it takes for your heart to start beating slower
- Once you can feel it start to slow, start focusing on breathing diaphragmatically
- Place one hand on your chest and one hand by the diaphragm, Try moving the diaphragm hand and not the chest hand with your beathing
- Repeat until you feel calm enough to call somebody

Write Your Observations and Insights Here

SOCIAL SUPPORT NETWORK

Building and nurturing a social support network is crucial for managing stress. Reflect on the following questions and use the space provided to assess the quality of your social connections and plan strategies to strengthen your support network.

1. Who are the people in your life that provide support and understanding during stressful times?
2. How often do you connect with these individuals?
3. Are there any relationships that need strengthening or nurturing?
4. What specific actions can you take to enhance your social support network? (e.g., scheduling regular catch-ups, seeking professional support)
5. How can you reciprocate and support others within your network?
6. What challenges or barriers might you encounter, and how can you overcome them?

Assessment of Social Support Network

EXPLORING YOUR STRESS TRIGGERS

- List common situations, events, or thoughts that tend to induce stress.
- Reflect on how these triggers affect your physical, emotional, and mental well-being.
- Identify patterns and themes to gain a deeper understanding of your stress triggers.

Instructions:

- Take some time to reflect on the situations, events, or thoughts that tend to induce stress in your life.
- Use the space provided below to list your stress triggers and consider how they affect your physical, emotional, and mental well-being.
- By identifying and understanding these triggers, you can gain insight into your stress patterns and begin to develop strategies for managing them effectively.

Stress Trigger	Physical Impact	Emotional Impact	Mental Impact

Reflection Questions:

Are there any common themes or patterns among your stress triggers?

How does each stress trigger affect your body? Are there specific physical symptoms or sensations you experience?

How do these stress triggers impact your emotions? What are some of the predominant emotions you experience in these situations?

Consider the thoughts or mental patterns that arise when you encounter these stress triggers. Do you notice any recurring negative thoughts or cognitive distortions?

Based on your reflections, are there any specific stress triggers you would like to focus on managing? Why are these triggers significant to you?

DAILY STRESS LOG TEMPLATE:

Date: _____

Remember to fill out this daily stress log at the end of each day, taking a few moments to reflect on your stressors, coping strategies, and overall well-being. Use this log as a tool to track your stress levels, identify triggers, and assess the effectiveness of your coping mechanisms. Over time, this log will provide valuable insights into your stress patterns and help guide your stress management efforts.

	STRESSOR			COPING STRATEGY	
	Description	Intensity (1-10)	Triggered By....	Coping Strategy	Effectiveness (1-10)
Stressor 1					
Stressor 2					
Stressor 3					
Stressor 4					

Self-Reflection

How did today's stressors affect your physical, mental, and emotional well-being? **Enter your text here.**

- **Are there any patterns or recurring themes in your stressors?**

- **What insights or lessons have you gained from today's experience.**

WEEKLY COPING STRATEGY TRACKER

How to Use:

- **Situation:** Briefly describe the event or trigger.
- **Coping Strategies:** List which anger management tools you applied.
- **Effectiveness:** Rate from 1 (not helpful) to 5 (very helpful).
- **Reflection:** Note insights gained or changes you would make next time.

Day	Situation That Triggered Anger/Stress	Coping Strategies Used (e.g., deep breathing, time-out, reframing, assertive communication)	Effectiveness (1-5)	What I Learned / Would Do Differently
Monday				
Tuesday				
Wednesday				
Thursday				

Day	Situation That Triggered Anger/Stress	Coping Strategies Used (e.g., deep breathing, time-out, reframing, assertive communication)	Effectiveness (1-5)	What I Learned / Would Do Differently
Friday				
Saturday				
Sunday				

ANGER RELAPSE PREVENTION PLAN

- Managing anger is a continuous process.
- Even after progress, setbacks can happen.
- A relapse prevention plan helps you anticipate challenges, recognize early warning signs, and maintain healthier habits long term.

RECOGNIZE YOUR PERSONAL WARNING SIGNS		
Physical Signs	Emotional Signs	Behavioural Signs
Increased heart rate	Irritability	Clenching fists or jaw
Muscle tension	Restlessness	Raising voice
Headaches or stomach upset	Feeling overwhelmed or trapped	Avoiding others or isolating

Note: Awareness of early signs helps you intervene before anger escalates.

IDENTIFY HIGH-RISK SITUATIONS		
Situation	Why It's Risky	Coping Strategy to Use
Conflict at work	Pressure and frustration build up	Take time-outs, practice deep breathing
Family disagreements	Emotional triggers and history	Use assertive communication, set boundaries
Feeling ignored or disrespected	Leads to resentment and anger	Cognitive reframing, seek support

MAINTAIN HEALTHY COPING HABITS

- Regular use of breathing exercises and relaxation techniques
- Daily reflection in an anger diary or thought log
- Practicing assertive communication and emotional regulation skills
- Seeking support from friends, family, or support groups

DEVELOP A SUPPORT NETWORK

Person	How They Help	Contact Information / Notes
Trusted friend	Listen and provide perspective	Enter your text here.
Family member	Emotional support	Enter your text here.
Therapist or counsellor	Professional guidance	Enter your text here.
Support group	Shared experiences and motivation	Enter your text here.

ACTION PLAN WHEN YOU FEEL ANGER ESCALATING

Step	What to Do
Step 1: Pause	Stop and take 3 deep breaths
Step 2: Use grounding	Focus on physical sensations (feet on floor)
Step 3: Challenge thoughts	Identify irrational thoughts and reframe them
Step 4: Take a time-out	Remove yourself temporarily if possible
Step 5: Use assertive communication	Express feelings calmly using I statements

Step	What to Do

PLAN FOR SETBACKS

- Accept that setbacks are normal, not failure.
- Review what triggered relapse and learn from it.
- Recommit to coping strategies and support.
- Adjust your plan as needed.

SECTION 5: Dealing with the Consequences of Anger

Objective: Guide you through acknowledging harm and repairing relationships.

UNDERSTANDING THE IMPACT OF ANGER-DRIVEN BEHAVIOUR

- Anger, when uncontrolled, can lead to behaviours that damage relationships, reputation, and even legal standing.
- Taking responsibility means recognizing how your anger affects others and yourself.

Key Areas Impacted by Anger	
Area	Potential Consequences of Uncontrolled Anger
Personal Relationships	Hurt feelings, broken trust, isolation
Workplace	Conflict with colleagues, disciplinary actions, job loss
Legal & Social	Risk of violence, legal charges, social stigma
Mental & Physical Health	Stress-related illness, anxiety, depression, lowered immunity

Example: Yvonne's uncontrolled anger caused frequent arguments with her partner. Over time, this led to emotional distancing and eventual separation, which deeply affected her family life.

Owning One's Actions

- Owning your actions means accepting full responsibility for your behaviour—regardless of triggers or external circumstances.
- This is crucial for growth and rebuilding trust.

What Ownership Looks Like:

- Acknowledging mistakes without excuses
- Apologizing sincerely when harm is caused
- Making amends and taking steps to change behaviour
- Learning from setbacks and recommitting to control

Practical Steps to Foster Accountability

Step	Description	Example
Self-Reflection	Regularly review your anger triggers and reactions	Keeping an anger diary
Honest Communication	Admit when you've hurt someone and explain your commitment to change	I realize I raised my voice yesterday and I'm sorry.
Develop Empathy	Understand how your behaviour affects others	Ask: How did my anger make you feel?
Set Realistic Goals	Commit to specific, measurable changes in behaviour	I will pause and breathe before responding.

Illustrative Short Story: Owning Actions in Practice

- Sipho lost his temper at work and shouted at a colleague during a stressful meeting.
- **Response Without Accountability:** He blames the colleague for provoking him and refuses to apologize.
- **Response With Accountability:** He acknowledges his loss of control, apologizes to the colleague privately, and commits to practicing calming techniques before meetings.

Reflection Exercise

Think of a recent time when your anger negatively affected someone else. What happened?

How did you respond afterward? Did you take responsibility?

What could you do differently next time to own your actions fully?

REPAIR THE HARM — REBUILD TRUST

Importance of Making Amends

- Making amends is a vital step in anger management and personal accountability.
- It involves recognizing harm caused, expressing genuine regret, and taking action to restore relationships.
- This process helps rebuild trust, reduce guilt, and promote emotional healing.

Effective Apology Formats

- A well-structured apology has the power to heal if it is sincere and clear.
- Here is a proven format to guide your apology

Step	Purpose	Example Phrase
1. Acknowledge the specific wrong	Show you understand what you did	I realize that I raised my voice during our argument.
2. Take responsibility	Own your behaviour without excuses	It was wrong of me to react that way.
3. Express sincere regret	Show empathy for the hurt caused	I'm truly sorry for the pain I caused you.
4. Offer to make amends	Suggest a way to repair the harm	I want to listen better and communicate calmly from now on.

Step	Purpose	Example Phrase
5. Commit to change	Show intention to avoid repeating	I'm working on managing my anger more effectively.

Avoid: Blaming others, minimizing harm, conditional apologies (If I hurt you...).

Restorative Conversations

- Restorative conversations go beyond apologies.
- They create a safe space for honest dialogue, mutual understanding, and repairing relationships.

Key Elements of a Restorative Conversation:

Element	Description
Safe Environment	Choose a private, calm space and time
Active Listening	Listen without interrupting; validate feelings
Expressing Impact	Share how the behaviour affected you, using I statements
Inviting Response	Allow the other person to share their experience and feelings
Joint Problem-Solving	Discuss ways to prevent recurrence and rebuild trust

Sample Restorative Conversation Script

Step 1: Opening

I wanted to talk about what happened the other day.

I realize my anger hurt you, and I want to understand how you feel.

Step 2: Sharing Impact

When I shouted, I know it made you feel disrespected and upset.

Step 3: Listening

(Allow the other person to speak without interruption.)

Step 4: Offering Apology and Amends

I'm sorry for how I acted. I want to change and make sure this doesn't happen again.

Step 5: Planning Together

• Can we talk about how I can better manage my anger and communicate with you?

Exercise: Writing Your Own Apology

Use the table below to draft an apology for a recent situation where anger caused harm:

Step	Your Apology Statement
Acknowledge the wrong	
Take responsibility	
Express regret	
Offer to make amends	
Commit to change	

Reflection Questions

How comfortable are you with apologizing sincerely?

What challenges do you face when trying to make amends?

How can restorative conversations improve your relationships?

Making amends is not a sign of weakness—it's a strength that fosters respect and healing.

CREATE THE FUTURE YOU WANT — A NON-VIOLENT IDENTITY

Establishing a Vision of a Non-Violent Identity

- Change begins with a clear vision of who you want to be.
- Defining a non-violent identity means consciously choosing values and behaviours that reject aggression and promote respect, self-control, and positive relationships.

Reflect on the Following:

Question	Your Response
What does a non-violent person look like to me?	
What values and qualities do I want to embody?	
How would my relationships improve if I embody this identity?	
What are the benefits of controlling anger and avoiding violence?	

Understanding the Importance of New Behavioural Patterns

- Old anger habits are often automatic. Building new patterns requires intentional, repeated practice until these responses become your default.
- Consistency is key: change won't happen overnight.
- Self-awareness helps you catch old patterns early.
- Positive reinforcement strengthens new habits.

Setting Personal Behavioural Goals

Clear, measurable goals keep you focused and motivated. Use the SMART criteria to define your goals:

SMART Goal Criteria	Description	Example
Specific	Clearly state what you want to achieve	I will pause and count to 10 before responding.
Measurable	Define how you will track progress	I will do this every time I feel anger rising.
Achievable	Make sure the goal is realistic	I will practice this at least 3 times per week.
Relevant	Align with your vision of a non-violent identity	This helps me communicate calmly at work.
Time-bound	Set a deadline or review date	I will review progress after 4 weeks.

Goal-Setting Worksheet			
Goal	Why Is This Important?	How Will I Achieve It?	Review Date

Building New Habits: Daily Practice

- Use your anger diary to track successes and setbacks.
- Practice relaxation techniques daily.
- Engage in positive self-talk reinforcing your non-violent identity.
- Reward yourself for progress, no matter how small.

Reflection Questions

What small change can I make today to build my new identity?

What obstacles might get in the way, and how will I address them?

Who can support me in maintaining these new behaviours?

PERSONAL VALUES WORKSHEET

Clarify What Matters Most to You. Why Identify Your Personal Values?

- Your values are the guiding principles that influence your decisions, behaviours, and reactions—including how you manage anger.
- Knowing your values helps you build a life and identity consistent with what truly matters to you.

Instructions:

- Review the list of common values below.
- Circle or highlight the 5–7 values that resonate most with you.
- Reflect on why these values are important and how they influence your behaviour.
- Use the reflection questions to deepen your understanding.

Common Personal Values

Accountability	Compassion	Courage	Dependability
Empathy	Fairness	Forgiveness	Friendship
Gratitude	Honesty	Humility	Integrity
Kindness	Loyalty	Patience	Respect
Responsibility	Self-Control	Service	Trustworthiness
Understanding	Wisdom	Peacefulness	Perseverance
Growth	Equality	Justice	Teamwork

Reflection Questions

Which of these values do I currently live by?

Are there values I want to strengthen or adopt to help manage my anger better?

How can living by these values improve my relationships and personal wellbeing?

What specific actions can I take to align my behaviour with these values?

Personal Values Statement

Based on your reflections, write a brief statement summarizing your core values and how they will guide your behaviour going forward:

SECTION 6: Final Reflection and Growth Plan

Objective: Consolidate learning and prepare for long-term change.

WHAT I'VE LEARNED ABOUT MY ANGER

Purpose of This Section

- Reflecting on your experiences with anger is critical for long-term change.
- This section guides you to acknowledge your progress, understand your triggers, and appreciate the growth you've made.

Reflection Prompts

My Biggest Anger Triggers: What specific situations, thoughts, or feelings tend to trigger my anger?

Patterns I've Noticed:

Are there any patterns or cycles I recognize in how my anger develops and expresses itself?

What Anger Has Taught Me About Myself:

How has dealing with my anger helped me learn more about my strengths and areas for growth?

Effective Strategies I've Used:

Which coping techniques or approaches have been most helpful in managing my anger?

Challenges I Still Face:

What situations or feelings continue to be difficult for me to manage without anger?

How My Relationships Have Changed:

In what ways have my interactions with family, friends, or colleagues improved since working on my anger?

Personal Growth Statement

Summarize your insights and how you intend to continue developing healthier responses to anger:

SETTING INTENTIONS FOR THE FUTURE

The Importance of Setting Intentions

- Setting intentions is about consciously choosing how you want to respond to anger moving forward.
- Intentions provide direction and purpose, helping you maintain progress and develop healthier habits.

Defining Goals for Healthy Expression

- Effective goals for managing anger should focus on how you express your feelings rather than just controlling anger itself.
- Healthy expression respects yourself and others, promotes understanding, and resolves conflicts constructively.

Examples of Goals for Healthy Anger Expression

Goal	Why This Is Important	How I Will Achieve It
Use I statements to express feelings	Prevents blame and promotes clarity	Practice saying I feel frustrated when... daily
Take a time-out before responding	Allows cooling off and prevents impulsive reactions	Step away for 5 minutes when anger rises
Practice deep breathing regularly	Reduces physical symptoms of anger	Use breathing exercises during stressful situations
Communicate calmly and respectfully	Builds trust and effective problem-solving	Role-play calm conversations with a friend or coach
Identify triggers early	Helps prevent escalation	Keep an anger diary to recognize patterns

Personal Goal-Setting Worksheet			
My Goal	Why This Goal Matters to Me	Steps I Will Take to Achieve It	Target Date

Daily Intention Statement

Each day, remind yourself of your commitment to healthy anger expression by completing this statement:

Today, I intend to Enter your text here. ***by choosing to*** Enter your text here. ***and practicing***

Reflection Questions

What challenges might I face in expressing anger healthily?

How will achieving these goals improve my relationships and wellbeing?

Who can support me in maintaining these intentions?

SELF-ASSESSMENT TOOL (PRE VS. POST)

- Go back to Section 1 and complete the post assessment.
- Use this as an opportunity to reflect on the learning and growth you have achieved so far.

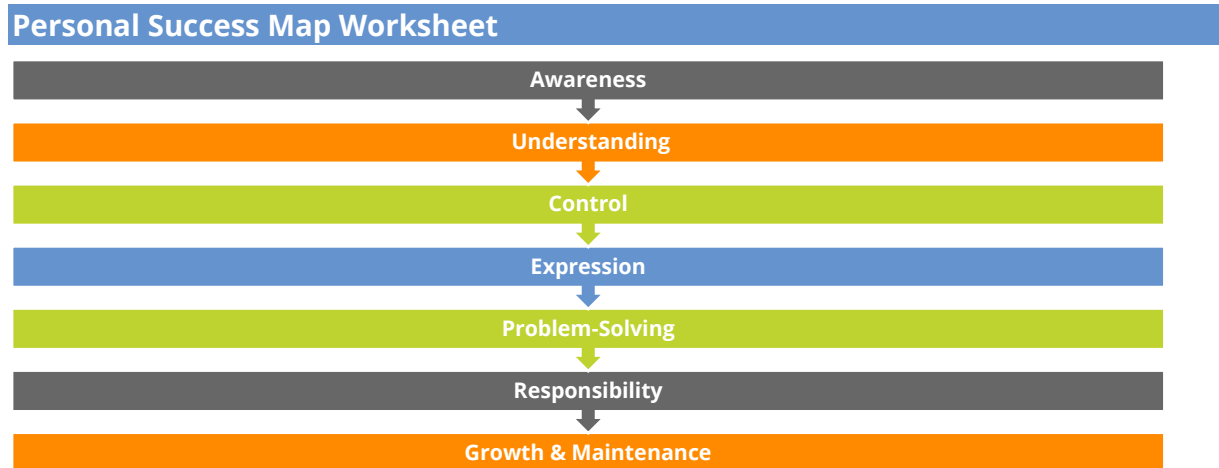
ANGER MANAGEMENT SUCCESS MAP: YOUR PATH TO CONTROL, CALM, AND CONSTRUCTIVE RESPONSES

Overview

- The Success Map outlines the key stages and actions in managing anger effectively.
- It provides a clear, step-by-step guide for recognizing, responding to, and growing from anger experiences.

The Stages of the Anger Management Success Map

Stage	Description	Key Actions
1. Awareness	Recognize your anger triggers and early warning signs.	Keep an anger diary; monitor physical/emotional cues.
2. Understanding	Understand the causes and impact of your anger.	Reflect on personal patterns; identify cognitive distortions.
3. Control	Use short-term techniques to prevent escalation.	Practice breathing, counting, grounding, and time-outs.
4. Expression	Communicate feelings assertively and respectfully.	Use I statements; maintain calm tone and body language.
5. Problem-Solving	Address underlying issues constructively.	Apply conflict resolution and negotiation skills.
6. Responsibility	Own your actions and their consequences.	Apologize sincerely; engage in restorative conversations.
7. Growth & Maintenance	Build new habits and maintain progress long-term.	Set goals; track progress; use support networks.



Stage	My Current Status (1-5)	Strengths	Areas for Improvement	Next Steps
Awareness				
Understanding				
Control				
Expression				
Problem-Solving				
Responsibility				
Growth & Maintenance				

Reflection

Which stages do I find most challenging, and why?

What support or resources can help me strengthen these areas?

How will I celebrate milestones along my anger management journey?



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