

Anger Management Worksheet For Teens

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| Name | Date |
| Identifying triggers - What are three situations or experiences that often result in you feeling angry? | |
| 1. | |
| 2. | |
| 3. | |
| How do you usually behave when you feel angry? | |
| Coping skills - What are some of the things you do to calm down when you're angry? | |
| 1. | |
| 2. | |
| 3. | |
| Goals - Have a think about how your anger has affected your life and relationships. Keeping this in mind, write down one short-term and one long-term goal regarding managing your anger. | |
| Long-term goal: | |
| Short-term goal: | |