



## Activity 2: Exploring Coping Strategies

Date & Time: \_\_\_\_\_

Reflect on the previous anger-triggering event or situation.

What are some healthy ways you can cope with anger when faced with similar triggers in the future?

List three coping strategies you can employ to manage anger effectively:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

What steps can you take to implement these strategies the next time you encounter an anger trigger?

How can you remind yourself to use these coping strategies in the heat of the moment?

*This workbook draws inspiration from 'The PTSD Workbook: A Journey to Resilience and Beyond' by Tijana Mandic, Ph.D., to help individuals manage anger and build resilience while dealing with PTSD.*