

Conflict Resolution & Anger Management

Name:

All of us react differently in conflicts. Some may become aggressive, while others might withdraw and become passive. A balanced, assertive response can lead to healthier outcomes.

- **Your Reflection:**

- *If I react aggressively during disagreements, what problems might I face?*
 - *What might be the challenges if I take a passive approach during conflicts?*
 - *How can being assertive benefit me during conflict resolution?*
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Conflict Resolution Model Guide

Use this model to address conflicts in a structured and assertive manner.

1. Identifying the Problem:

- *Describe a recent conflict or disagreement you had:*

2. Identifying the Feelings:

- *How did that conflict make you feel?*

3. Identifying the Specific Impact:

- *What was the direct result or consequence of this problem?*

4. Deciding Whether To Resolve the Conflict:

- *Do you think this conflict is significant enough to address or can it be overlooked?*

5. Addressing and Resolving the Conflict:

- *If you were to discuss this conflict, how would you describe it and suggest a resolution?*
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Anger Tracking for the Week

It's crucial to be aware of our anger triggers and levels to manage it effectively.

1. Peak Anger Level:

- *What was the highest level you touched on your personal anger scale over the past week (1 being calm, 10 being furious)?*

2. Anger Trigger:

- *Describe the event or situation that caused this anger peak:*

3. Associated Cues with the Anger Event:

- *Physical cues (e.g., clenched fists, fast heartbeat):*
- *Behavioral cues (e.g., yelling, silent treatment):*
- *Emotional cues (e.g., feeling hurt, feeling disrespected):*
- *Cognitive cues (e.g., "They always undermine me", "No one respects my opinion"):*

4. Anger Management Techniques:

- *What strategies did you use, or could you have used, to prevent reaching a 10 on the anger scale?*

Weekly Anger Monitoring Chart:

Track your anger levels daily for the upcoming week.

Day	Anger Level (1-10)	Triggering Event/Reason
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Reflection & Planning:

Having reviewed your anger triggers and levels, what are some steps or strategies you'd like to implement in the upcoming weeks to better manage your anger?

Remember: Understanding and managing anger is a journey, not a destination. Regular self-reflection can aid in personal growth and better conflict resolution.

Source: ANGER MANAGEMENT for Substance Use Disorder and Mental Health Clients