

Anger Management Worksheet # 1

Letting Go of Anger

Examine the Effects of Anger in Your Life

1. How does anger make you feel?

2. How much time do you spend feeling angry?

3. How has anger affected your sleep patterns?

4. How has anger affected your breathing?

5. How has anger affected your digestion?

6. How has anger affected your performance at work?

7. How has anger affected your relationships with your family?

8. How has anger affected your relationships with friends?

Take some time to write down your honest answers to these questions.

As you realize the toll anger is taking on your life you may discover a stronger motivation to resolve it and move on.

Anger Management Worksheet # 2

Letting Go of Anger

Imagine your life without this anger.

1. Without anger, how would you feel when you get up in the morning?

2. Without anger, how would you feel when you go to bed at night?

3. Without anger, how would you feel when you are at work?

4. Without anger, how would you feel when you are with your family?

5. Without anger, how would you feel when you are with your friends?

6. Without anger, how would you feel when you think about the future?

Answering these questions honestly will help you gain a vision of a better life you can choose to move toward.

Anger Management Worksheet #3

Letting Go of Anger

Gaining Acceptance

1. Have you ever changed the past?

2, Has anyone you know ever really succeeded in changing the past?

3. Do you want to spend your life trying to do what is impossible?

The past can not ever really be changed. Whatever happened ... happened.

But the good news is - if you allow it, the past is done. It is over. It is kaput.

Accept it and move on to better things. The past can not be changed. But our understanding and feelings about the past can be changed. That is where healing can take place.

In the present, we can heal our feelings about the past.

Anger Management Worksheet #4

Letting Go of Anger

Gaining Understanding, Compassion and Forgiveness

Now it is time to explore motivation. Get into the other guy's shoes. See how they feel. Walk in them for awhile.

1. Ask yourself why the other person might have done what he or she did?

2. Ask yourself what kind of pressures or concerns the other person might have had?

3. Ask yourself what other factors might have influenced the other person to act the way they did?

4. Ask yourself was the other person was doing the best they could *in that moment*?

Gaining this understanding can be very powerful. We still may not agree with the other person.

But when we see the situation or other person in a broader context, and understand their point of view, it is easier to let go of our anger and forgive.