

Exercise

Professional Version | US English

Anger Decision Sheet



Description

Uncontrolled feelings of anger can be accompanied by impulsive, aggressive, irrational, or otherwise unhelpful responses. The *Anger Decision Sheet* is an anger management training tool. It first helps to identify personal triggers for anger. Once these have been identified, clients can be encouraged to pre-plan helpful 'letting go' or 'assertive' responses. The principle is that reflection on different responses in advance of 'hot' situations is more likely to promote the choice of adaptive responses.

Instructions

1. In the first column (Trigger) clients are encouraged to generate specific examples of situations where their anger has been triggered.
2. In the second column (Letting Go) clients are encouraged to generate strategies (typically cognitive) which would help them achieve the goal of 'letting go' of the anger. These might include statements that help clients to reframe another person's actions (e.g. "He didn't really mean to do that deliberately") or their implications.

References

Fernandez, E., & Beck, R. (2001). Cognitive-behavioral self-intervention versus self-monitoring of anger: Effects on anger frequency, duration, and intensity. *Behavioural and Cognitive Psychotherapy*, 29(3), 345-356.

Anger Decision Sheet

Trigger	Letting Go	Or	Acting Assertively

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Anger Decision Sheet

Trigger	Letting Go	Or	Acting Assertively
When there has been an injustice			
When I am prevented from doing something I want to do			
When I am criticized			
When I or someone else has broken one of my rules			

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Anger Decision Sheet

The following worksheet is designed to help people identify personal triggers for becoming angry with themselves or others. It can be used as a flashcard or brief action plan to help diffuse feelings of anger. The examples listed below cover the general themes involved in anger. Following cognitive restructuring, the client can either choose to respond to their trigger by letting go of the anger (reappraisal), or they can choose to Act Assertively.

Trigger	Letting Go	Or	Acting Assertively
<p>When there has been an injustice</p> <p>Someone jumps the queue in the supermarket which annoys me.</p>	<p>Tell myself - "This happens, it's not personal, and does it really matter?"</p>		<p>Use assertiveness techniques to calmly point out to this person that they have pushed in and ask them to wait their turn.</p>
<p>When I am prevented from doing something I want to do</p> <p>my partner arrives late at the cinema and we miss the start of the film.</p>	<p>Tell myself - "People run late sometimes, I can't always have things my way, that's life".</p>		<p>Calmly ask my partner their reason for being late and explain my frustration, use empathic or consequence assertion.</p>
<p>When I am criticized</p> <p>my boss points out a mistake I've made at work.</p>	<p>Tell myself - "Criticism isn't all bad, I can learn something from this".</p>		<p>Use Negative Assertion or Negative Enquiry techniques to find out the specific nature of the criticism.</p>
<p>When I or someone else has broken one of my rules</p> <p>I forget my friend's birthday.</p> <p>my partner didn't listen to my opinion when we argued.</p>	<p>Tell myself - "It's ok to make mistakes, no one is perfect".</p> <p>Tell myself - I would prefer it if they did listen but this isn't always going to happen.</p>		<p>Be honest with my friend, listen to how they feel about it.</p> <p>Decide how important it is that this rule is kept to and let the other person know what specifically I'm angry about by taking ownership of my feelings without blaming them.</p>

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