

Anger Management

What usually triggers your anger?	Describe a situation you handled better than before.	What calm activity helps you cool down?	What helps you take space or walk away?	What do you wish people understood about your anger?
How does anger affect your relationships?	What thoughts make your anger stronger?	What helps you feel safe when you're angry?	Describe a time you expressed anger in a healthy way.	What thoughts help you cool down?
What warning signs do you notice in yourself?	How do you cope with anger?	What coping skill do you want to try?	What do you do when anger feels overwhelming?	What makes anger harder to control?
What do you need from others when you're angry?	What helps you slow your breathing?	What can you do before reacting?	What helps you calm down?	How do you know anger is building?
What is one goal you have for managing anger?	How does anger feel in your body?	Who can you talk to when you feel angry?	What are you proud of in how you handle anger?	What can you tell yourself to stay grounded?

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What warning signs do you notice in yourself?	How do you cope with anger?	What thoughts help you cool down?	Describe a time you expressed anger in a healthy way.	How do you know anger is building?
What are you proud of in how you handle anger?	What makes anger harder to control?	What coping skill do you want to try?	What do you wish people understood about your anger?	What helps you slow your breathing?
How does anger affect your relationships?	What calm activity helps you cool down?	What helps you feel safe when you're angry?	What helps you calm down?	What usually triggers your anger?
What do you need from others when you're angry?	How does anger feel in your body?	What thoughts make your anger stronger?	What can you do before reacting?	What helps you take space or walk away?
What is one goal you have for managing anger?	Who can you talk to when you feel angry?	What can you tell yourself to stay grounded?	Describe a situation you handled better than before.	What do you do when anger feels overwhelming?

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What makes anger harder to control?	What helps you calm down?	How does anger feel in your body?	What are you proud of in how you handle anger?	What can you do before reacting?
How do you know anger is building?	What can you tell yourself to stay grounded?	How does anger affect your relationships?	What coping skill do you want to try?	What usually triggers your anger?
What do you need from others when you're angry?	What is one goal you have for managing anger?	What helps you feel safe when you're angry?	How do you cope with anger?	What thoughts make your anger stronger?
What warning signs do you notice in yourself?	What helps you slow your breathing?	Who can you talk to when you feel angry?	Describe a time you expressed anger in a healthy way.	Describe a situation you handled better than before.
What do you do when anger feels overwhelming?	What thoughts help you cool down?	What helps you take space or walk away?	What calm activity helps you cool down?	What do you wish people understood about your anger?