

Anger Coping Skills



1 The Trigger

What triggered my anger?
(Situation, event)



2 Body Signals

What did I notice? (Choose or add)

- | | |
|---|---------------------------------------|
| ☐ Tight muscles | ☐ Clenched jaw |
| ☐ Fast heartbeat | ☐ Restlessness |
| ☐ Hot face | ☐ Other: _____ |



3 The Impulse

What did I immediately want to do?



The Consequence?



4 Coping Response

A skill to try: (Pause, Breathe, Space)

Coping skill I can try:



5 Next Action

What do I *really* need?
(Space, Support, Rest, etc.)

Next helpful action:

