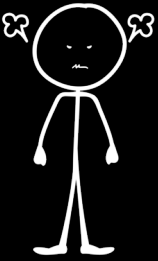


# Anger Checklist



Anger is a normal human emotion and everyone has a right to his/her anger. Managing our anger so it mobilizes us in positive rather than negative directions is the goal. Stuffing anger or avoiding direct confrontation impairs relationships and compromises physical and mental health.

Which symptoms do you recognize?

## Physical

## Notes:

- Grit your teeth
- Headache
- Heart races
- Sweaty palms
- Red-faced
- Stomachache

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## Emotional

- Feel like running away
- Get depressed
- Feel guilty
- Feel hopeless
- Feel resentment
- Become anxious
- Feel impulsive

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## Behavioral

- Cry/yell/scream
- Use substances
- Get sarcastic
- Lose sense of humor
- Become abusive
- Withdraw

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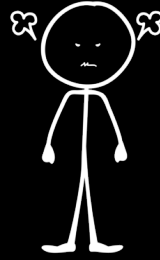
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# How can you successfully deal with your anger?



## **First, evaluate the trigger event:**

Is this an unrealistic expectation or possible faulty assumption?

Does this stem from a distorted thought or a self-defeating belief?

## **If yes:**

Cognitively reconstruct your thought and journal to discuss with therapist.

## **If no:**

Practice relaxation

Review/rehearse assertive communication.

(The 3 C's of assertiveness-Cool, Calm & Collected)

Journal to discuss with therapist.

Then, set a specific time, place and limit for the anger discussion.

## **Remember:**

Firm voice

Moderate tone

Direct eye contact at even level with listener

Maintain personal space

Don't blame or attack

Focus on specific behavior that triggered anger

Avoid black and white thinking ("You never..." "You always...")

Use "I" statements ("I feel angry when...")

Avoid statements/actions you will later regret

Don't drag in old issues now

Are there possible compromises?

Be open to others' perspective

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