

Anger Management: An Anger Management Workbook For Managing Your Anger And Your



ANGER Behavior

Place check mark next to how often you show these behaviors when you feel annoyed, frustrated, or angry

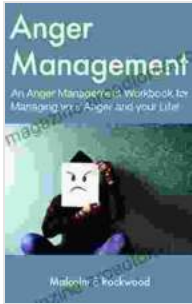
	NEVER	SOMETIMES	OFTEN
Cry			
Harm myself			
Throw things			
Yell or scream			
Walk away or run away			
Say rude or mean things			
Negative social media posts			
Curse or using bad language			
Aggression or harm to others			
Arguing, defiance, or backtalk			
Sarcasm, mimic, or mock others			
Critique, name call, or insult others			
Slam doors, break, or destroy things			
Threaten others, or get back at others			
Make negative comments under breath			
Stomp, clench fist, pace back and forth			
Shut down, ignore, or refuse to participate			
Eye rolling, glaring, or making rude gestures			
Slap, push, punch, hit, or kick things or people			
Remain calm			
Control your urges or impulse			
Use a coping skill to calm down			

Review the Anger Iceberg to understand what might be driving these behaviors, or Anger Coping Skills to learn positive ways to cope with your anger.

Anger Management - An Anger Management Workbook for Managing your Anger and your Life!

by Malcolm Rockwood

★★★★☆ 4.2 out of 5
Language : English



File size	: 441 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 32 pages



Anger is a normal emotion that everyone experiences from time to time. However, when anger becomes excessive or uncontrollable, it can have a negative impact on your life. It can damage your relationships, your work, and your overall health.

This comprehensive workbook will teach you the skills you need to manage your anger and live a more fulfilling life. You'll learn how to identify the triggers that make you angry, how to calm yourself down when you're feeling angry, and how to express your anger in a healthy way.

This workbook is full of practical exercises and worksheets that will help you put the skills you learn into practice. It also includes a section on how to get help if you're struggling to manage your anger on your own.

If you're ready to take control of your anger and live a more fulfilling life, this workbook is for you.

What You'll Learn in This Workbook

- How to identify the triggers that make you angry
- How to calm yourself down when you're feeling angry

- How to express your anger in a healthy way
- How to get help if you're struggling to manage your anger on your own

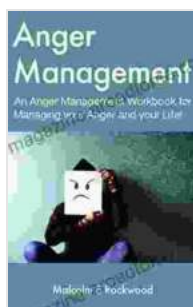
Benefits of Anger Management

There are many benefits to learning how to manage your anger, including:

- Improved relationships
- Increased job satisfaction
- Better physical health
- Reduced stress
- Increased self-esteem

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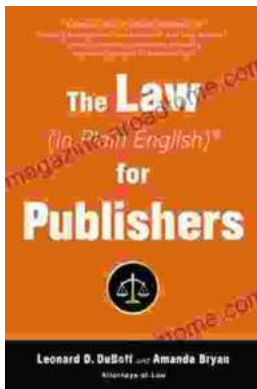
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