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My anger management plan

Use this sheet with the explanations and completed example in my anger management guide. Choose one recent situation that you remember clearly.

Date: _____ Situation: _____

1. What happened?

Describe the situation. Separate the event from what you thought it meant.

2. What went through my mind?

Write down the thought or assumption you remember.

3. What did I notice in my body?

What were the first physical signs that your anger was building?

4. What did I feel like doing? What did I actually do?

Describe the urge, your action and what happened next.

5. What would I like to do differently?

Choose a specific response you want to practise.

6. Where will I interrupt the pattern?

Choose an early warning sign and a skill already explained in the guide.

7. What happened when I tried my plan?

What helped? What got in the way? What will you practise next time?

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A completed example

This is the illustrative example from my anger management guide. Use it to see how the situation, thought, physical reaction and response fit together.

Situation	My partner asks why I did something.
Automatic thought	"They think I'm stupid."
Physical signs	My face becomes hot and my jaw tightens.
Old response	I defend myself by shouting.
New goal	Listen, ask questions and respond without raising my voice.
Plan	Recognise the jaw tension, use STOP, challenge the assumption and ask what my partner means.

Review after trying the plan

The example stops at the plan. After trying your own plan, record what actually happened. Did you notice the warning sign? Did you use the skill? What helped, and what got in the way?

Use what you notice to decide what to practise next. Read the explanations of CBT and DBT skills in the guide before choosing a technique.