



Click here for [An](#)ger
Management Techniques
A Guided Worksheet

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Introduction

Anger is a natural emotion that everyone experiences from time to time. However, managing anger in a healthy way is important for our overall well-being and relationships.

This worksheet will help you identify your anger triggers and develop strategies to manage your anger effectively.

It's critical to learn how to curb anger especially in your marriage and with your family as anger destroys positive connection.

If there are too many continued outbursts of anger, over time those you love will be too afraid to interact with potentially disastrous outcomes.

Do your best to learn anger management techniques right here and utilize the "Imago dialogue" for after you've calmed down and want to be able to share more gracefully what triggered you to begin with.

We are here to support you.

Please don't hesitate to reach out for further support.

With best wishes for your relationship success,
Rabbi Shlomo Slatkin, M.S., LCPC
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What Causes Anger?

Anger can be triggered by a variety of factors, and its causes can vary from person to person. Here are some common causes and triggers of anger:

Perceived Threat or Provocation:

Feeling threatened, insulted, or provoked by someone's words or actions can lead to anger.

Frustration:

When individuals are unable to achieve their goals or desires due to obstacles or delays, they may become frustrated, which can then escalate to anger.

Unmet Expectations:

When people have expectations that are not met, whether in personal or professional relationships, it can lead to anger.

Feeling Disrespected:

If someone feels disrespected, ignored, or undervalued, it can trigger anger.

Injustice or Unfairness:

Witnessing or experiencing what is perceived as unfair treatment or injustice can lead to anger.

Physical or Emotional Pain:

Experiencing physical pain or dealing with intense emotional distress can lead to feelings of anger.

Loss:

Grief and loss, such as the death of a loved one, the end of a relationship, or financial loss, can trigger anger.

What Causes Anger?

Chronic Stress:

High levels of chronic stress can lead to irritability and anger as a coping mechanism.

Insecurity or Low Self-Esteem:

Individuals with low self-esteem or feelings of insecurity may be more prone to anger when their self-worth is challenged.

Substance Abuse:

The use of certain substances, such as drugs or alcohol, can lower inhibitions and lead to impulsive anger.

Mental Health Issues:

Conditions like depression, anxiety, and certain personality disorders can contribute to anger issues.

Cultural and Societal Factors:

Societal or cultural norms, including societal injustices and discrimination, can be sources of anger for some individuals.

It's important to note that anger itself is a natural and often adaptive emotion. It can motivate us to address problems and make changes in our lives.

However, when anger is expressed inappropriately or becomes chronic and uncontrollable, it can lead to negative consequences.

Understanding the causes of anger and developing healthy coping mechanisms can help individuals manage their anger effectively.

When is Anger a Problem?

Anger is a normal and healthy emotion, but it can become a problem when it is expressed inappropriately or excessively.

If you find yourself getting angry frequently and over minor issues, it may be a sign of an anger problem.

	Rarely	Occasionally	Frequently	Almost constantly
How often do you find yourself feeling angry?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When your anger is disproportionate to the situation or significantly more intense than what others would consider reasonable, it can be problematic.

	1-3 (Mild)	4-6 (Moderate)	7-8 (High)	9-10 (Very High)
On a scale of 1 to 10, with 10 being extremely intense, how intense is your anger typically?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you hold onto your anger for an extended period, and it continues to affect your thoughts and behaviors long after the triggering event, it may be an issue.

	Yes	No	Sometimes
Do you tend to hold onto your anger long after the triggering event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Yes	No	Sometimes
Has your anger from past events affected your current life or relationships?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When is Anger a Problem?

Any form of physical violence or threats of violence is a serious problem. This can harm others and lead to legal consequences.

If you frequently engage in yelling, screaming, name-calling, or other verbally aggressive behaviors when you're angry, it can damage relationships and be considered problematic.

Yes

No

Have you ever engaged in physical aggression (violence) when you're angry?

☐☐

Yes

No

Do you engage in frequent verbal aggression (yelling, screaming, name-calling) when angry?

☐☐

Frequent anger can lead to health problems, such as high blood pressure, heart issues, or chronic stress-related ailments.

Yes

No

Do you experience health problems as a result of your anger (e.g., high blood pressure, stress-related ailments)?

☐☐

If you withdraw from social situations, isolate yourself, or avoid people or places due to your anger, it can negatively impact your life.

Yes

No

Has your anger led to difficulties in your relationships with family, friends, or romantic partners?

☐☐

Anger Warning Signs

Understanding the warning signs of anger can help you manage your emotions more effectively. Recognizing your anger warning signs is the first step in managing your anger more effectively.

By identifying these cues, you can develop strategies to intervene before your anger escalates.

Practice self-awareness and use this information to help you manage your anger in healthier ways.

Physical Warning Signs

List the physical signs you experience when you're getting angry. Mark the signs you've noticed in yourself during moments of anger:

- | | |
|---|---|
| <input type="checkbox"/> Increased heart rate | <input type="checkbox"/> Shallow breathing |
| <input type="checkbox"/> Clenched fists | <input type="checkbox"/> Sweating |
| <input type="checkbox"/> Muscle tension | <input type="checkbox"/> Flushing of the face |
| <input type="checkbox"/> Pounding in the head | <input type="checkbox"/> Trembling or shaking |

Emotional Warning Signs

Identify the emotions you typically feel when anger is building up. Check the emotions that you've experienced when approaching anger

☐ Irritation

☐ Annoyance

☐ Frustration

☐ Impatience

☐ Resentment

☐ Feeling overwhelmed

Behavioral Warning Signs

Think about how your behavior changes when you're starting to feel angry. Check the behavioral signs you've observed in yourself when anger is emerging

☐ Raised voice or yelling

☐ Withdrawal from the situation

☐ Verbal aggression

☐ Restlessness

☐ Clenching your jaw

☐ Aggressive gestures

☐ Avoiding eye contact

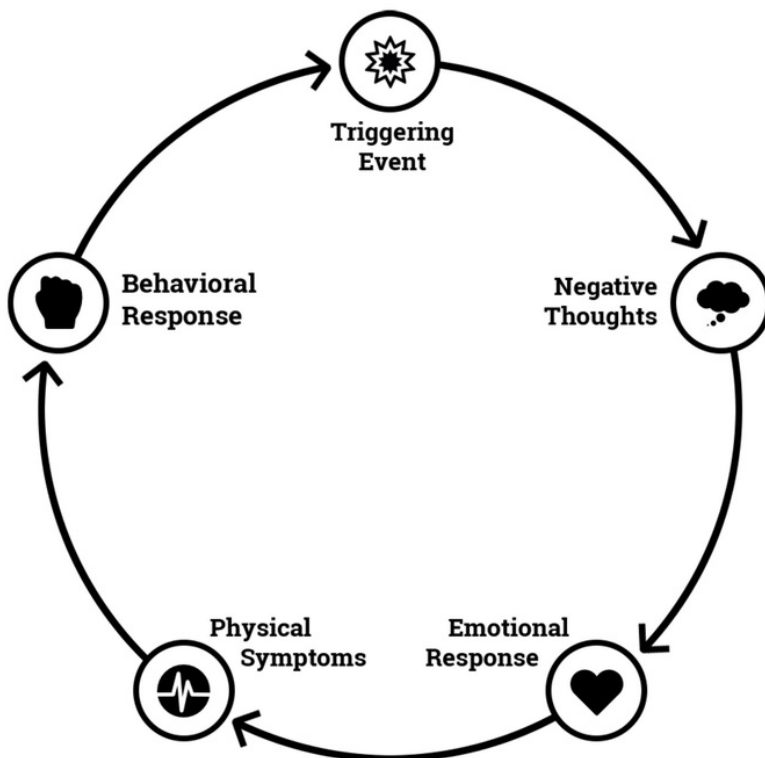
☐ Negative self-talk

Identifying Your Personal Warning Signs

Reflect on your past experiences and specific situations where you've felt angry.

Are there any unique warning signs that are specific to you? Write them down.

The Cycle of Anger



Triggering Event

An event or situation “triggers” a person’s anger. Examples:

- Getting cut off while driving.
- Having a bad day at work.
- Feeling disrespected.

Negative Thoughts

Irrational and negative thoughts occur as a result of the triggering event. Examples:

- “I’m the worst parent ever.”
- “The jerk who cut me off doesn’t care about anyone but themselves.”

Emotional Response

Negative thoughts lead to negative emotions, even if the thoughts are irrational. Examples:

- Feelings of shame and guilt due to being the “worst parent ever”.
- Rage directed toward a bad driver.

Physical Symptoms

The body automatically responds to anger with several symptoms. Examples:

- Racing Heart
- Sweating
- Clenched Fists
- Shaking

Behavioral Response

The person reacts based upon thoughts, feelings, and physical symptoms. Examples:

- Fighting
- Arguing
- Yelling
- Criticizing

Identifying Triggers

Identifying triggers is a crucial step in understanding and managing your emotions, especially anger. It helps individuals become more self-aware of what situations or factors provoke their anger, enabling them to develop strategies for handling these triggers more effectively.

Here's a brief guide on how to identify your triggers:

1

Self-Reflection:

Start by reflecting on your recent experiences when you've felt angry. Think about specific incidents or situations that made you upset. Try to recall the details of those situations.

2

Pay Attention to Your Physical and Emotional Responses:

When you start feeling angry, pay close attention to your physical and emotional reactions. Note any changes in your body, such as an increased heart rate, tense muscles, or shallow breathing. Also, identify the emotions associated with your anger, like frustration, irritation, or resentment.

3

Consider Patterns:

Look for patterns in your triggers. Are there certain people, places, or types of situations that consistently make you angry? Identifying these recurring patterns can be insightful.

4

Identify Specific Behaviors or Actions:

Pinpoint the specific behaviors or actions that trigger your anger. It might be someone interrupting you, criticism, feeling ignored, or any other actions or words that evoke anger.

5

Reflect on Your Personal Beliefs and Values:

Consider whether your anger is linked to your personal beliefs, values, or expectations. If someone or something goes against what you hold dear, it can trigger anger.

Identifying Triggers Worksheet

Understanding what triggers your anger is a crucial step in managing it. This worksheet will guide you in identifying your personal anger triggers.

Common Situational Triggers

List situations or events that commonly trigger your anger. Consider both recent and recurring triggers.

Personal Triggers

Are there specific individuals who often trigger your anger? List their names and describe the situations or behaviors that lead to your anger.

Internal Triggers

Reflect on your internal triggers. These are thoughts, beliefs, or self-talk that contribute to your anger. What thoughts or beliefs are commonly associated with your anger?

- Example:
- "I can't stand when people waste my time."
 - "I must be perfect, and criticism feels like failure."

Worksheet Exercise

Consider the triggers you've identified in Sections 1, 2, and 3. Choose one trigger from each section (situational, personal, internal) that you want to work on managing.

TRIGGER	1	
	2	
	3	

Reflect on the selected triggers and consider healthy strategies for managing your anger in these situations.

TRIGGER	1	
	2	
	3	

Anger Coping Strategies

Here are five effective strategies to help keep anger at bay:

1

Deep Breathing and Relaxation:

When you feel anger rising, take a moment to engage in deep breathing exercises. Inhale slowly through your nose, hold for a few seconds, and exhale through your mouth. This can help reduce the physiological response associated with anger and promote a sense of calm.

2

Time-Outs:

If you sense anger escalating, step away from the situation. Remove yourself from the trigger, find a quiet space, and take a short break. Use this time to cool down, reflect, and regain perspective before responding.

3

Cognitive Restructuring:

Challenge and reframe negative thought patterns that contribute to anger. Replace irrational or exaggerated beliefs with more balanced and rational ones. This can help you shift your perspective and reduce the intensity of your anger.

4

Mindfulness and Meditation:

Practice mindfulness techniques and meditation to stay in the present moment. Observing your emotions without reacting impulsively can help you control anger. Regular mindfulness practice can also increase emotional regulation.

5

Conflict Resolution Skills:

Learn and implement effective conflict resolution techniques, including active listening, assertiveness, and compromise. These skills can help you address issues and conflicts in a healthier way, reducing the likelihood of anger escalations.

"Start an Anger Journal" Exercise

An anger journal can be a powerful tool to help you become more self-aware of your triggers, responses, and patterns of anger. This exercise will guide you in beginning your own anger journal.

Create an Anger Journal to record the details of your anger experiences. Use the following format for each entry:

- **Date:**
- **Situation:**
- **Trigger(s):**
- **Physical Signs:**
- **Emotional Signs:**
- **Behavioral Response:**
- **Coping Strategy Used:**
- **Effectiveness of Coping Strategy (1 - 10):**
- **Notes and Reflection:**

Example

- **Date:** October 3, 2022
- **Situation:** Argument with a coworker about a missed deadline
- **Trigger(s):** Feeling unfairly blamed for the situation
- **Physical Signs:** Heart racing, sweaty palms
- **Emotional Signs:** Frustration, humiliation, agitation
- **Behavioral Response:** Raised voice, cutting remarks
- **Coping Strategy Used:** Deep breathing exercises
- **Effectiveness of Coping Strategy (1 - 10):** 6
- **Notes and Reflection:** I raised my voice and made a sharp remark, but I recognized my anger and took a few deep breaths to calm myself. The argument didn't escalate further, but I could have handled it better. I'll continue working on my deep breathing techniques and will try not to be defensive when criticized.

"Start an Anger Journal" Exercise

- **Date:**
- **Situation:**
- **Trigger(s):**
- **Physical Signs:**
- **Emotional Signs:**
- **Behavioral Response:**
- **Coping Strategy Used:**
- **Effectiveness of Coping Strategy (1 - 10):**
- **Notes and Reflection:**

Anger Journal Activity

For the next two weeks, commit to recording your anger instances in your anger journal using the given format.

At the end of the two weeks, review your entries to identify patterns of triggers, response, and effectiveness of coping strategies.

Reflect on what you can do to improve your anger management based on the insights gained from the journal.

DATE:

SITUATION:

TRIGGER(S):

PHYSICAL SIGNS:

EMOTIONAL SIGNS:

BEHAVIORAL RESPONSE:

COPING STRATEGY USED:

EFFECTIVENESS OF COPING STRATEGY (1 - 10):

NOTES AND REFLECTION:

The Imago Dialogue Script

The Imago Dialogue Script is an active exchange between a Sender (the speaking partner) and a Receiver (the listening partner).

Step 1: Send and Mirror Imago Dialogue Script

Sample Dialogue

I've been feeling really overwhelmed at work lately. There's just so much to do, and it feels like I can never catch up.

I hear you're feeling overwhelmed at work and that there's a lot on your plate. It sounds like you're having a hard time keeping up with everything.

Yes, exactly! I'm drowning in tasks, and it's stressing me out. I don't even have time for a proper lunch break anymore.

I can see that it's not only impacting your workload but also your overall well-being. It must be really difficult for you to have such a negative impact on your work and health.

When mirroring, the Receiver:

CONTAINS any personal response (for example, does not offer suggestions)

SUSPENDS analysis of his or her partner (does not respond in any way with his or her point of view)

REFRAINS from evaluations (evaluating positively or negatively what the partner says)

The Imago Dialogue Script

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Step 1: Send and Mirror Imago Dialogue Script

Sender
(Speaking Partner)

Receiver
(Listening Partner)

I've been thinking about
what triggers my anger,
and I've realized that

I hear you saying that

I've noticed that when
I'm angry, I tend to

I understand that when
you're angry, your response

In our arguments, I've
noticed that we

It seems that in our
arguments, we tend to

The Imago Dialogue Script

The Imago Dialogue Script is an active exchange between a Sender (the speaking partner) and a Receiver (the listening partner).

Step 1: Send and Mirror Imago Dialogue Script

Sender
(Speaking Partner)

I've been trying to work on using more 'I' statements and not raising my voice when I'm angry. I believe it might help us communicate better

Receiver
(Listening Partner)

I hear you saying that you're working on using 'I' statements and not raising your voice when you're angry. You believe that these changes may improve our communication.

SUMMARIZE

"In summary what I heard you say"

VALIDATION

"What you're saying makes sense"

EMPATHIZE

"I imagine you might be feeling sad, mad, glad, happy.."

Resources:

- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434#:~:text=When%20your%20temper%20flares%2C%20put,it%20takes%20to%20encourage%20relaxation.>
- <https://www.apa.org/topics/anger/control>
- <https://www.helpguide.org/articles/relationships-communication/anger-management.htm>
- <https://www.verywellmind.com/anger-management-strategies-4178870>

Contact Us

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Book a time to talk

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