# Worksheet on Anger Management

Work through the prompts in order. Write as much or as little as you find useful, and bring the completed worksheet to your next session.

**Name:** _____ **Date completed:** _____ dd / mm / yyyy

**Date of birth:** _____ dd / mm / yyyy **Record / MRN number:** _____

**Name:** _____ **Date:** _____ dd / mm / yyyy

Work through the prompts in order. There is no right answer - write what is true for you.

**1. What brought you to work on on anger management?**

**2. What happens now - describe a recent example in as much detail as you can.**

**3. What did you notice in your body, your thoughts and your behavior at the time?**

**4. What have you already tried, and what happened?**

**5. What would you like to be different by the time of your next session?**

**6. What is the smallest step you could take this week?**

**7. What might get in the way, and how will you handle it?**

**8. Who could support you with this?**

Anything you want to bring to your next session