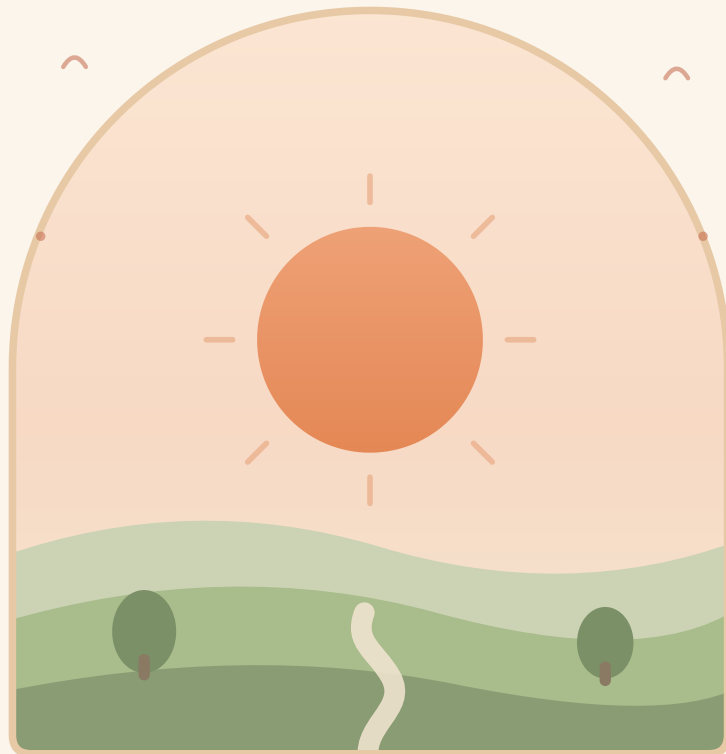


A COMPLETE ANGER MANAGEMENT JOURNAL & WORKBOOK

STEADY

understand your anger, master your response



40+ guided pages



worksheets & trackers



reflections & prompts

THIS JOURNAL BELONGS TO

— Pause • Understand • Respond —

What's Inside

Six parts guide you from understanding your anger all the way to living more steadily with it. Here's everything waiting for you.



1. Understand Anger

- The Anger Iceberg
- Understanding the Anger Cycle
- The Purpose of Anger
- Your Brain on Anger
- Flip Your Lid
- The Anger Thermometer
- What Anger Feels Like in My Body



2. Know Your Patterns

- My Anger Triggers
- Internal vs External Triggers
- My Early Warning Signs
- My Typical Anger Pattern
- Anger Log
- Weekly Anger Tracker



3. Change Your Thinking

- The ABC Model
- Thinking Traps That Fuel Anger
- Reframe It — Thought Record
- Hot Thoughts to Cool Thoughts
- Is It Worth It?



4. Find Calm in the Moment

- The Pause — STOP Skill
- Box Breathing
- Grounding: 5-4-3-2-1
- My Calm-Down Toolkit
- Before You React



5. Express It Well

- Four Ways We Handle Anger
- Say It With 'I' Statements
- Difficult Conversation Planner
- Repair & Reconnect
- Setting Boundaries



6. Go Deeper & Reflect

- Anger & My Values
- Letting Go & Forgiveness
- Self-Compassion
- Therapist's Companion
- Weekly Reflection
- 30-Day Calm Tracker
- My Anger Action Plan
- Coping Card & Wins
- Journaling Pages



KEEP IN MIND

Anger isn't the problem to be deleted — it's information to be understood. This journal helps you listen to it and choose what happens next.

How to Use This Journal

This is your space — there is no wrong way to use it. Go in order, or open to whatever you need today. What matters is showing up honestly, even for a few minutes.



Six parts, one path. The journal moves from understanding anger, to knowing your patterns, to changing your thinking, to calming your body, to communicating well, and finally to deeper reflection. Here is the map.



Start with understanding

Work through Part 1 first. You can't change a pattern you don't understand yet, so begin by getting curious about how your anger actually works.



Know your patterns

Parts 2 uses trackers and logs to reveal your personal triggers, warning signs, and the shape of a typical anger episode.



Change your thinking

Part 3 gives you CBT tools to catch the thoughts that pour fuel on anger, and to reframe them into something truer and calmer.



Find calm in the moment

Part 4 is your in-the-moment toolkit: breathing, grounding, and pause skills you can reach for when anger spikes.



Express it well

Part 5 helps you say what matters without damage: assertive communication, repair, and boundaries.



Go deeper & reflect

Part 6 holds the deeper work, therapist-friendly prompts, habit trackers, and space to celebrate progress.



A GENTLE NOTE

A few honest minutes beat a perfect hour that never happens. Small, steady practice is what rewires the response over time — be patient and kind with yourself.

START HERE

Understanding Anger

Before we work on changing anything, it helps to understand what anger actually is — and to drop the idea that anger makes you a bad person.

"Anybody can become angry — that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way — that is not easy."

— a very old idea, still true today



Anger is normal

Everyone feels it. It's a natural, healthy emotion that has kept humans safe for thousands of years. The goal is never to erase anger — it's to understand and channel it.



Anger is a messenger

Anger usually shows up when something matters: a boundary was crossed, a need went unmet, or something felt unfair. It points to what you value.



Anger is often secondary

Underneath anger there is frequently something softer and more vulnerable — hurt, fear, shame, or feeling unseen. Anger can be the armor over those feelings.



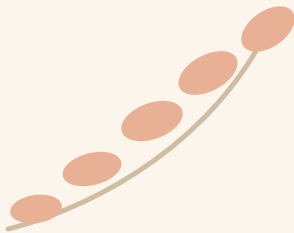
Anger can be trained

Your response to anger is a habit, and habits can be rewired. With awareness and practice, the gap between feeling and reacting gets wider — and in that gap lives your power to choose.



BEFORE YOU BEGIN

As you begin: what do you hope changes by the time you reach the last page?
What has your anger been trying to tell you that you haven't wanted to hear?



PART ONE

1

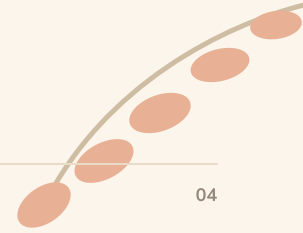
Understand Anger

You can't change a pattern you don't yet understand. This part is about getting curious — seeing what anger really is, where it comes from, and how it moves through your mind and body.

IN THIS PART

-  The Anger Iceberg
-  Understanding the Anger Cycle
-  The Purpose of Anger
-  Your Brain on Anger
-  Flip Your Lid
-  The Anger Thermometer
-  Anger in My Body

one steady step at a time



The Anger Iceberg

Anger is what shows above the surface. But like an iceberg, most of it sits underneath — the softer, more vulnerable feelings anger is protecting.



HOW TO USE THIS PAGE

Anger is often a **secondary emotion**. When you feel it, gently ask what is underneath. Naming the hidden feeling loosens anger's grip.



FEELINGS THAT OFTEN HIDE BENEATH ANGER

Hurt

Fear

Shame

Sadness

Feeling disrespected

Exhaustion

Loneliness

Embarrassment

Feeling unheard

Guilt

Jealousy

Overwhelm

Why it matters: you can't resolve a feeling you won't name. When you address the hurt or fear underneath, the anger has less work to do — and less fuel.

LOOK BENEATH A RECENT MOMENT OF ANGER

On the surface, I felt angry when...

Underneath, I think I was really feeling...



REFLECTION

Which hidden feeling shows up under my anger most often?
What would it look like to care for that feeling directly?

Understanding the Anger Cycle

Anger runs in a loop. The good news: once you can see each step, you can step in — and every step is a chance to change the outcome.



1 • Trigger — Something happens — big or small. A comment, a delay, a look, a memory.



2 • Thoughts — Your mind interprets it and builds a story about what it means.



3 • Emotions — The story sparks feelings — irritation, frustration, anger, rage.



4 • Body — Your body reacts — tension, heat, a racing heart, clenched fists.



5 • Behavior — You act on the surge — what you say or do in response.



6 • Outcome — The result ripples out to you, to others, and to the situation.

Awareness is the exit. The more clearly you see each step, the more room you have to respond differently — before the cycle finishes for you.

TRACE ONE RECENT CYCLE OF YOUR OWN

TRIGGER

THOUGHT

EMOTION

.....

BODY

BEHAVIOR

OUTCOME

.....



REFLECTION

Which step is the easiest for me to notice? Which is the hardest?
Where in the cycle could I realistically step in next time?

The Purpose of Anger

Anger is information, not instruction. It's a compass that points toward what matters and needs your attention — you still choose the direction you walk.



HOW TO USE THIS PAGE

For each direction, notice how your anger has been trying to guide you lately. The goal is to **listen** to the message without blindly obeying the impulse.



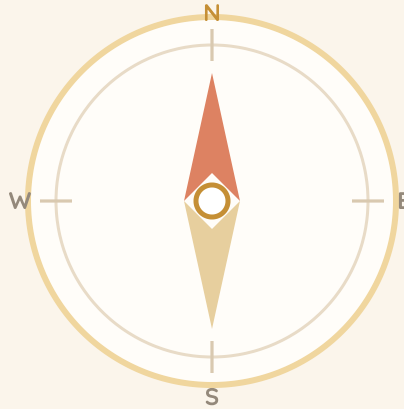
Boundaries

Anger flares when a line has been crossed, ignored, or disrespected. It helps you protect your space.



Values

Anger rises when something you believe is right or important is at stake. It keeps you aligned with what matters.



*what is my anger
pointing to?*



Needs

Anger can signal that an important need isn't being met or heard. It helps you get it on the table.



Protection

Anger is your alarm — alerting you to threat, whether physical, emotional, or situational. It keeps you aware.

MY ANGER HAS BEEN POINTING TOWARD...

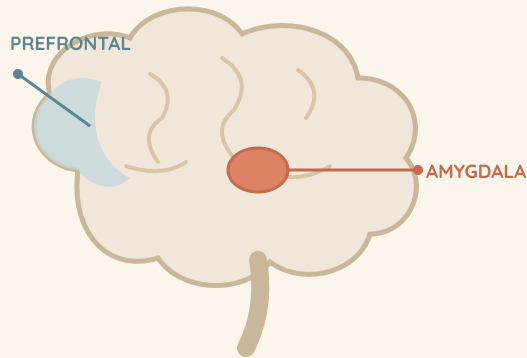


REMEMBER

Anger is not the enemy. It's a messenger — here to guide you toward clarity, self-respect, and the life you want to build.

Your Brain on Anger

Anger isn't a character flaw — it's biology. Understanding the two brain systems at play helps you stop blaming yourself and start working with your wiring.



⚠️ Amygdala – the alarm

Your brain's smoke detector. It scans for threat and fires **fast**, often before you've had a conscious thought. Great for real danger; twitchy in traffic.

🧠 Prefrontal cortex – the CEO

Your thinking brain: plans, weighs consequences, and regulates emotion. It's slower — and it goes offline when the alarm is blaring.

THE FIGHT-OR-FLIGHT CHAIN



Threat detected

The amygdala senses danger — real or perceived.



Body reacts

Adrenaline and cortisol flood in; heart races, muscles tense.



Survival mode

The body readies to fight, flee, or freeze.



Thinking dims

The prefrontal cortex goes quiet — clear thought gets harder.



Bringing the CEO back online: slow breathing, naming the emotion out loud, and a short pause all lower the alarm and let your thinking brain return. The more you practice, the faster it comes back.



REFLECTION

When my 'alarm' fires, what does it usually feel like in the first few seconds?
What helps my thinking brain come back the fastest?

Flip Your Lid

A simple hand model for what happens in your head. Make a fist with your thumb tucked inside — that's your brain. When anger gets too big, you 'flip your lid.'



LID ON — calm & in control

Calm: thinking brain covers and soothes the emotional brain.



LID FLIPPED — anger takes over

Flipped: the lid lifts, and feelings take the wheel.

Why this matters: when your lid is flipped, logic won't reach you — you can't reason your way out in that instant. The move is to calm the body first, so the lid can come back down. *Then* you can think and talk.

BRING MY LID BACK DOWN



Pause

Stop what you're doing. Even a two-second gap helps.



Breathe

Slow breaths, long exhale — this calms the alarm.



Name it

Silently label the feeling: 'I'm really angry right now.'



Choose

Pick one small, wise next move you can feel good about later.

WHAT TELLS ME MY LID IS STARTING TO FLIP?

.....

.....

REMEMBER



You're not a bad person when you flip your lid — you're a human with a fast alarm. Growth is noticing sooner and bringing the lid down gently.

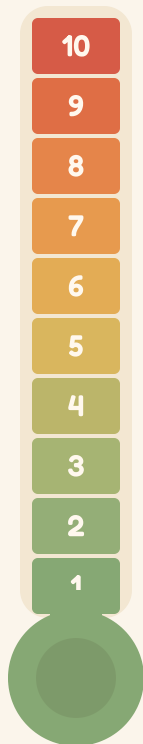
The Anger Thermometer

Anger is a signal, not a sentence. The earlier you notice it rising, the more choices you have.



HOW TO USE THIS PAGE

Use the scale to identify how intense your anger feels in the moment. Notice the signs in your body, thoughts, and behavior at each level, and jot what you tend to feel there.



		WHAT I NOTICE AT EACH LEVEL
10	EXPLOSIVE	Out of control. I might do or say something I regret.
9	OVERWHELMED	Everything feels like too much. I can't think clearly.
8	VERY ANGRY	I feel like I might lose control.
7	ANGRY	Anger is taking over. Hard to focus.
6	STRONG	Really irritated and frustrated.
5	MODERATE	Getting annoyed. Something is bothering me.
4	MILD	A little irritated or impatient.
3	NOTICEABLE	Something is catching my attention.
2	SENSITIVE	A small tension or discomfort.
1	CALM	Peaceful, relaxed, and in control.



REFLECTION

What level do I sit at most often, and what are my early warning signs?
What helps me come back down, and what keeps me steady at the lower levels?



REMEMBER

You can't always control what happens around you, but with practice you can control how you respond to it.

What Anger Feels Like in My Body

Anger shows up in the body before you consciously think about it. The sooner you catch these signals, the more choices you have.



HOW TO USE THIS PAGE

Think of a recent time you were angry. Mark where you felt it, and note the sensations beside each number. Your body is often the first to know.

1 Head / mind

Racing thoughts, heat in the face, pressure, tunnel vision.

2 Jaw & throat

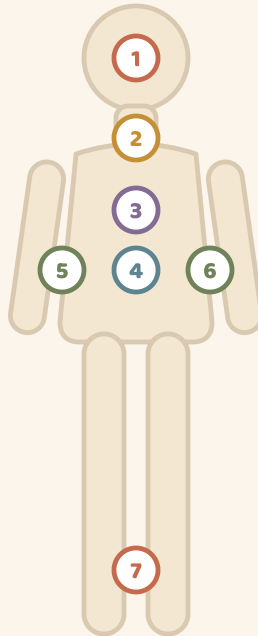
Clenched teeth, tight jaw, a lump or tightness in the throat.

3 Chest

Heart pounding, fast or shallow breathing, tightness.

4 Stomach

Knots, churning, a sinking or burning feeling.



5 Shoulders / neck

Raised, tense, stiff — bracing for impact.

6 Hands / arms

Clenched fists, shaking, restlessness, an urge to move.

7 Legs

Bouncing, pacing, a pull to leave or to charge in.

Your earliest signal is your most useful one — it's the moment you still have the most control.

THE FIRST SIGN I USUALLY NOTICE IS...

.....

.....

WHEN I NOTICE IT, ONE CALMING THING I CAN DO IS...

.....

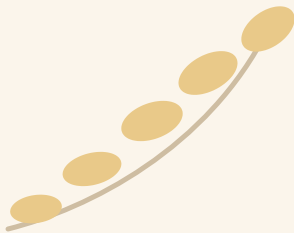
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REFLECTION

Where do I feel anger first and most strongly?

If my body could speak, what is it trying to tell me?



PART TWO

2

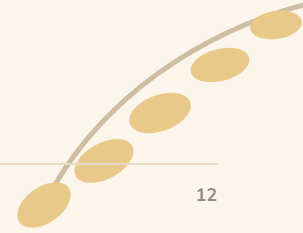
Know Your Patterns

Anger feels random until you map it. With a little tracking, the invisible becomes visible — your triggers, your warning signs, and the shape of a typical episode.

IN THIS PART

-  **My Anger Triggers**
-  **Internal vs External Triggers**
-  **My Early Warning Signs**
-  **My Typical Anger Pattern**
-  **Anger Log**
-  **Weekly Anger Tracker**

one steady step at a time



My Anger Triggers

Triggers aren't the problem — awareness is the first step to change. When you know what sets you off, you can respond on purpose instead of reacting on autopilot.



HOW TO USE THIS PAGE

Think about recent times you felt angry. In each corner, list your common triggers. The bullseye is a reminder: awareness sits at the center of everything.



People

Who tends to set off my anger?

.....

.....

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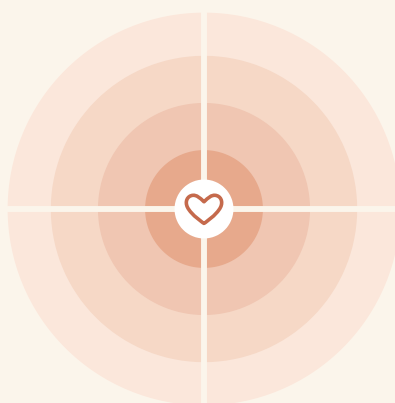
Situations

What situations or events trigger me?

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Stressors

What pressures or states lower my fuse?

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Memories

What past experiences still sting?

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.....

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REFLECTION

Which triggers show up most often? Do I notice any patterns?
What might these triggers be trying to tell me about what I need?

Internal vs External Triggers

Some triggers come at us from the outside world; others rise up from inside us. Sorting them helps you see which you can change, which you can prepare for, and which you can soothe.



HOW TO USE THIS PAGE

Read the examples, then sort your own triggers into the two columns. Internal triggers are often the quiet ones we forget to check — like being tired or hungry.



Internal — from within me

Lack of sleep

Hunger

Negative self-talk

Old memories

Feeling insecure

Physical pain

Feeling overwhelmed

Perfectionism

MINE



External — from around me

Someone raises their voice

Traffic or running late

Being interrupted

Unfair treatment

Crowded or noisy places

Broken promises

Feeling disrespected

Plans changing suddenly

MINE



REFLECTION

Which type affects me more — internal or external?

What could I do to prepare for, reduce, or soothe my most common one?

My Early Warning Signs

Anger rarely goes from 0 to 100 with no warning. It leaves clues. Catching them early gives you the power to pause, reset, and choose a better response.



HOW TO USE THIS PAGE

Think about what happens in you **before** anger gets strong. Note your personal early warning signs in each of the four areas below.



Physical IN MY BODY

Racing heart · Muscle tension ·
Shallow breath · Heat · Clenched
jaw

MINE

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Emotional IN MY FEELINGS

Irritability · Frustration · Anxiety ·
Overwhelm · Impatience

MINE

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Behavioral IN MY ACTIONS

Withdrawing · Snapping · Pacing
· Raising my voice · Restlessness

MINE

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Mental

IN MY THOUGHTS

Negative self-talk ·
Catastrophizing · Rigid thinking ·
Replaying events

MINE

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REFLECTION

Which signs show up first for me — and which do I tend to miss?
What can I do the moment I notice these signs appear?



REMEMBER

Early awareness creates early options. You can't stop every signal, but you can meet it with intention instead of surprise.

My Typical Anger Pattern

Every anger episode follows a path. The more clearly you can trace yours from start to finish, the more places you'll find to choose a different route.



HOW TO USE THIS PAGE

Think of a recent time you got angry. Follow the path and describe what happened at each stop, from the first spark to the final outcome.



1. The Trigger

What happened? What set my anger off?

.....

.....



2. My Thoughts

What went through my mind in that moment?

.....

.....



3. My Emotions

What did I feel — and how intense was it (1-10)?

.....

.....



4. In My Body

What sensations did I notice? (tension, heat, tight chest)

.....

.....



5. What I Did

How did I respond? What did I say or do?

.....

.....



6. The Outcome

What happened as a result — for me and others?

.....

.....



REFLECTION

What part of my pattern would I most like to change?

Where is the earliest point I could realistically choose differently?

Anger Log

What gets tracked gets understood. Logging your anger — even briefly — reveals the patterns that are invisible in the moment.



HOW TO USE THIS PAGE

After an episode (or at the end of the day), fill in one row. Rate the intensity 1–10, and always finish with what a wiser response could look like next time.

DATE	TRIGGER — WHAT HAPPENED	1-10	BODY & THOUGHTS	HOW I RESPONDED	A WISER NEXT TIME

Tip: print several copies of this page so you can keep an ongoing anger log.



REMEMBER

Be honest, not harsh. This log is a mirror, not a courtroom — you're gathering information, not evidence against yourself.

Weekly Anger Tracker

Zoom out. Tracking your anger across a whole week shows the rhythm — the hard days, the calmer ones, and what makes the difference.



HOW TO USE THIS PAGE

Each day, shade in your highest anger level (1 = calm, 10 = explosive) and jot a quick note about what drove it or what helped.

CALM 1 → 10 EXPLOSIVE NOTE — WHAT DROVE IT / WHAT HELPED

Monday

1 2 3 4 5 6 7 8 9 10

Tuesday

1 2 3 4 5 6 7 8 9 10

Wednesday

1 2 3 4 5 6 7 8 9 10

Thursday

1 2 3 4 5 6 7 8 9 10

Friday

1 2 3 4 5 6 7 8 9 10

Saturday

1 2 3 4 5 6 7 8 9 10

Sunday

1 2 3 4 5 6 7 8 9 10

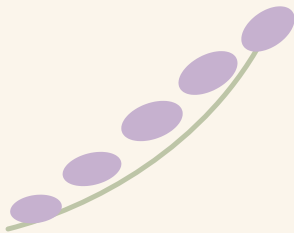
MY CALMEST DAY & WHY

MY HARDEST DAY & WHY



REFLECTION

What patterns do I notice across the week — times of day, people, or states?
What is one small change that could make next week a little steadier?



PART THREE

3

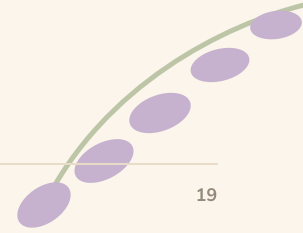
Change Your Thinking

Anger runs on thoughts — and thoughts can be examined, questioned, and changed. This is the heart of the work: catching the story and choosing a truer, calmer one.

IN THIS PART

-  The ABC Model
-  Thinking Traps That Fuel Anger
-  Reframe It — Thought Record
-  Hot Thoughts to Cool Thoughts
-  Is It Worth It?

one steady step at a time



The ABC Model

Here's the twist most people miss: it isn't the event that makes you angry — it's the *belief* you attach to it. Change the belief in the middle, and the whole outcome shifts.



HOW TO USE THIS PAGE

Break a recent situation into three parts. Pay special attention to **B** — the story or belief you told yourself. That's where your power to change lives.

A (event) doesn't cause **C** (your reaction). **B** — your belief about A — is the real driver. Same event + different belief = different outcome.

A Activating event

What happened? Stick to the facts, like a camera would see them.

.....

.....

.....



B Beliefs & thoughts

What did I tell myself it meant? The story, assumption, or rule.

.....

.....

.....



C Consequences

How did I feel and act as a result?

.....

.....

.....

NOW REWRITE B — A FAIRER, CALMER BELIEF

A more balanced way to see the same event could be...

.....

.....

...and how that new belief would change how I feel and act:

.....

.....



REMEMBER

You can't always change what happens to you. But you can question the story you tell about it — and that changes everything downstream.

Thinking Traps That Fuel Anger

Anger runs on thoughts, and some thoughts are exaggerations in disguise. Learn to spot these traps — naming one instantly takes some heat out of it.



HOW TO USE THIS PAGE

Read each trap and tick the box for the ones you recognize in yourself. You can't unhook from a pattern you haven't spotted.



Catastrophizing

☐

Jumping to the worst case.
"This is a total disaster."



Mind-reading

☐

Assuming you know their bad intent.
"He did that on purpose to disrespect me."



Labeling

☐

Turning one act into a whole identity.
"What an idiot." / "I'm a failure."



Overgeneralizing

☐

One event becomes always/never.
"This ALWAYS happens to me."



Should statements

☐

Rigid rules about how things must be.
"They should never keep me waiting."



Fortune-telling

☐

Predicting a bad outcome as fact.
"This is going to go terribly."



Personalizing

☐

Making it all about you.
"They're doing this to get at me."



Blaming

☐

Putting 100% of it on others.
"It's entirely their fault I lost it."

MY MOST COMMON TRAP — AND A RECENT TIME IT HIJACKED ME



REFLECTION

When I catch a trap in action, what's a truer, calmer thing to tell myself?

Reframe It – Thought Record

This is the core CBT move: catch the hot thought, weigh it honestly, and trade it for a cooler one that's just as true but far less flammable.



HOW TO USE THIS PAGE

Work down the steps for one real situation. Steps 4 and 5 are the heart of it — you're playing fair judge, not defense lawyer, for your own anger.

1	Situation What happened? (just the facts)	
2	Hot thought The angry thought that fired automatically	
3	Feeling (1–10) Name the emotion and rate its intensity	
4	Evidence for What supports the hot thought?	
5	Evidence against What doesn't fit, or another way to see it?	
6	Cooler thought A more balanced, fair belief	
7	New feeling (1–10) How intense is it now?	



REMEMBER

Reframing isn't pretending everything's fine. It's refusing to let the most extreme version of a thought run the show.

Hot Thoughts to Cool Thoughts

With practice, reframing gets faster — until it becomes a reflex. Here's your practice court: take the heat out of a thought without lying to yourself.



HOW TO USE THIS PAGE

Read the examples, then fill the blank rows with your own hot thoughts and a cooler, fairer version of each. Keep them believable.

 HOT THOUGHT	 COOLER REFRAME
"He's doing this on purpose to disrespect me."	"Maybe he's stressed and not thinking about me at all."
"This always happens and never gets better."	"This is hard right now, but things do change."
"I can't stand this. I'm going to lose it."	"This is uncomfortable, and I can handle it."



REFLECTION

Which cooler thought felt most believable — and could I reach for it in the moment?

Is It Worth It?

Not every battle is worth fighting, and not every slight deserves your energy. This is a quick gut-check before you spend anger you can't get back.



HOW TO USE THIS PAGE

Bring a situation to mind that's winding you up. Run it through these questions, then weigh the real cost of reacting against the cost of letting it go.

FIVE QUESTIONS BEFORE YOU REACT



Will this matter in 5 years — or even 5 days?



Is this truly my hill, or can I let it pass?



What do I actually want from this — and will anger get me there?



Is my reaction protecting me, or just venting?



How would the calmest person I admire handle this?

THE COST OF REACTING HARD

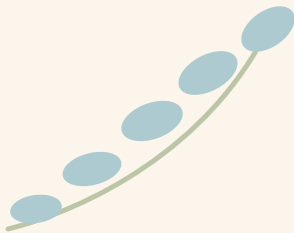
THE COST OF LETTING IT GO

SO MY CHOICE IS...



REMEMBER

Choosing your battles isn't weakness — it's strategy. Save your fire for what truly matters, and let the small stuff burn out on its own.



PART FOUR



Find Calm in the Moment

When anger spikes, logic won't reach you — but your body will. These are the in-the-moment skills that calm the storm so your thinking self can return.

IN THIS PART

⏸ The Pause — STOP Skill

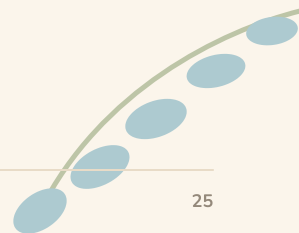
📦 Box Breathing

📍 Grounding: 5-4-3-2-1

✓ My Calm-Down Toolkit

💖 Before You React

one steady step at a time



The Pause – STOP Skill

The whole game of anger is won or lost in the gap between the spark and the reaction. STOP is how you widen that gap when you need it most.



S – Stop

Freeze the moment. Don't act on the first impulse — just pause.



T – Take a breath

One slow breath, long exhale. This alone lowers the alarm.



O – Observe

Notice what's happening in your body, thoughts, and the situation.



P – Proceed

Choose a response you'll respect later, not just the loudest one.

Practice it cold. Skills you rehearse when calm are the ones that show up when it counts. Walk through STOP a few times today, before you actually need it.

A RECENT MOMENT WHERE STOP COULD HAVE CHANGED THE OUTCOME...

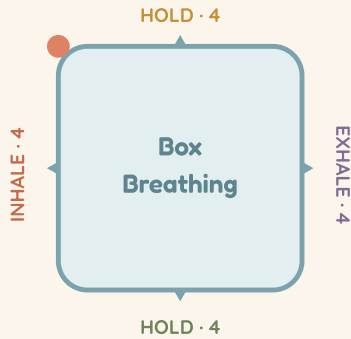
REMEMBER



You can't stop the first feeling — but STOP puts you back in the driver's seat before the second one takes over.

Box Breathing

When the alarm fires, your breath is the fastest remote control for your nervous system. Box breathing is simple, portable, and works in under a minute.



HOW TO DO IT

Trace the square with your breath: **inhale** for 4, **hold** for 4, **exhale** for 4, **hold** for 4. Repeat 4 rounds. Keep the breath smooth, not forced.

EVEN SIMPLER: THE LONG EXHALE

If counting feels like too much, just make your **exhale longer than your inhale** — in for 4, out for 6. A long exhale is the body's built-in brake.

MY BREATHING PRACTICE LOG

DAY	WHEN I USED IT	HOW MY BODY FELT AFTER

REMEMBER



You always have your breath with you. It's the one tool you can never forget at home — practice makes it automatic.

Grounding: 5-4-3-2-1

When anger pulls you into a spinning story, your senses pull you back to right now. This exercise anchors you in the present, where things are usually more manageable.



HOW TO USE THIS PAGE

Move through your five senses one at a time, naming what you notice. Go slowly — the point is to unhook from the story and land back in your body.

5



things I can SEE

.....

.....

.....

4



things I can TOUCH

.....

.....

.....

3



things I can HEAR

.....

.....

2



things I can SMELL

.....

.....

1



thing I can TASTE

.....



REFLECTION

Where does my mind go when I'm angry — the past, the future, or the story?
How does my body feel after coming back to the present?

My Calm-Down Toolkit

Different moments need different tools. Build your personal menu now, while you're calm, so you're not trying to invent a plan in the heat of the moment.



HOW TO USE THIS PAGE

Tick the strategies that work (or might) for you. Then pick your top five and write them on the coping card near the back of this journal.



Move the energy

- ☐ Take a brisk walk
- ☐ Do 10 push-ups
- ☐ Shake out your hands
- ☐ Stretch or do yoga
- ☐ Clean something
- ☐ Go for a run



Calm the body

- ☐ Box breathing
- ☐ Long slow exhales
- ☐ Splash cold water
- ☐ Progressive muscle relax
- ☐ Drink cold water
- ☐ Unclench jaw & shoulders



Settle the mind

- ☐ 5-4-3-2-1 grounding
- ☐ Count backward from 100
- ☐ Name the feeling
- ☐ Reframe the thought
- ☐ Repeat a calm phrase
- ☐ Picture a calm place



Reach out / reset

- ☐ Text a safe person
- ☐ Step away politely
- ☐ Listen to music
- ☐ Time in nature
- ☐ Write it down
- ☐ Do one kind thing

MY TOP 3 GO-TO TOOLS RIGHT NOW

Before You React

When you're overwhelmed, your body often needs something simple before your mind can settle. Do this first — you don't have to fix everything while you're flooded.

1 · CHECK YOUR BASICS

- ☐ Have I eaten?
- ☐ Have I had water?
- ☐ Did I sleep enough?
- ☐ Am I overstimulated?
- ☐ Do I need a quiet minute?
- ☐ Have I been on my phone too long?

2 · NAME WHAT'S HAPPENING

Right now I feel... (and how strong, 1–10)

.....

.....

4 · WHAT DO I ACTUALLY NEED RIGHT NOW?

One kind next step I can take...

.....

.....

What can wait until I'm calmer...

.....

.....

3 · PICK ONE RESET

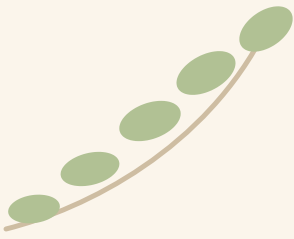


Start with the slice that feels emptiest today.

REMEMBER



Pause. Breathe. You do not have to solve everything while you're overwhelmed — you only have to take the next small, kind step.



PART FIVE

5

Express It Well

Anger, said well, can actually build connection instead of breaking it. This part is about getting heard — firm on the issue, kind to the person.

IN THIS PART

 Four Ways We Handle Anger

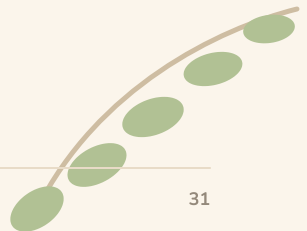
 Say It With 'I' Statements

 Difficult Conversation Planner

 Repair & Reconnect

 Setting Boundaries

one steady step at a time



Four Ways We Handle Anger

We all lean on a style when anger hits. Three of them cost us; one of them works. The aim isn't to feel less anger — it's to express it in a way that gets heard.



HOW TO USE THIS PAGE

Read the four styles and be honest about which one you default to under pressure. Awareness of your habit is what lets you choose the assertive path instead.



Passive *"I bury it"*

Swallowing anger, going silent, saying 'it's fine' when it isn't. The anger leaks out later — or turns inward.



Aggressive *"I explode"*

Blaming, yelling, threats, sarcasm. It may feel powerful for a second, but it damages trust and rarely gets the real need met.



Passive-aggressive *"I go sideways"*

Silent treatment, digs, 'forgetting,' sulking. The anger shows up indirectly, so nothing actually gets resolved.



Assertive *"I say it clearly"*

★ THE GOAL

Honest, calm, respectful. I name what's wrong and what I need — firm on the issue, kind to the person. This is the goal.

MY USUAL STYLE IS... AND WHERE IT COSTS ME IS...



REMEMBER

Assertive isn't aggressive with a nicer voice. It's being firm on the issue and gentle with the person — strong and kind at the same time.

Say It With "I" Statements

"You" statements start fights; "I" statements start conversations. This simple formula lets you be honest about anger without putting the other person on the defensive.



HOW TO USE THIS PAGE

Blame points a finger ("you always..."). An "I" statement shares your experience instead. Build one using the four parts, then practice with a real situation.

When... the situation, just the facts
"When the dishes are left in the sink..."

I feel... your emotion, owned by you
"...I feel frustrated and unseen..."

because... the need underneath
"...because sharing the load matters to me..."

What I'd like is... a clear, doable request
"...could we agree on a plan together?"

INSTEAD OF (BLAMING)...

.....

TRY (AN 'I' STATEMENT)...

.....

NOW WRITE YOUR OWN, START TO FINISH

When _____, I feel _____, because _____. What I'd like is _____.

.....

REMEMBER



Say it to be understood, not to win. The goal of assertive anger is connection and clarity — not a knockout.

Difficult Conversation Planner

Hard talks go better with a little preparation. A few minutes of planning helps you stay assertive instead of sliding into attack or avoidance.



HOW TO USE THIS PAGE

Before an important conversation, fill this in. Going in with a goal and an opening line keeps you steady when emotions rise.



My goal — What do I actually want from this conversation?



My main message — If they remember one thing, what should it be?



What I'll ask / hear — What's their side? What am I willing to listen to?



My opening line — How can I start calmly, without an accusation?



If it heats up — My cue to pause or take a break is...

Timing matters. Have the talk when you're both reasonably calm — not at a 9/10. "I want to talk about this — can we find a good time?" is a completely valid opening.



REFLECTION

What outcome would feel like a genuine win for both of us?

Repair & Reconnect

Everyone messes up sometimes — anger gets the better of us. What defines you isn't the slip; it's whether you circle back and repair. Rupture, then repair, actually builds trust.



HOW TO USE THIS PAGE

After an angry moment you regret, work through these steps. A real repair owns your part without grovelling, and focuses on making things right.



What happened

Briefly, without excuses — what did I say or do?



The impact

How might it have landed on the other person?



My part

What do I take responsibility for? (not 100% of everything — just my share)



My repair

What can I say or do to make it right?



Next time

What will I do differently when I feel that way again?



REMEMBER

A sincere repair sounds like: 'I was angry, and I handled it badly. I'm sorry. Here's what I'll do differently.' Simple, honest, no excuses.

Setting Boundaries

A lot of anger is really a boundary that got crossed one too many times. Clear boundaries, set early and kindly, prevent the resentment that fuels blow-ups.

A BOUNDARY IS...

a line that protects your wellbeing — what you will and won't accept, and what you'll do about it.

A BOUNDARY IS NOT...

controlling other people. You can't dictate what they do — only what you'll do in response.

THE BOUNDARY FORMULA

"I'm not okay with _____. Going forward, I will _____."

e.g. "I'm not okay with being yelled at. Going forward, if it happens, I'll step away and we can talk when things are calm."

A BOUNDARY I NEED TO SET (AND WITH WHOM)

.....

How I'll say it, kindly and firmly:

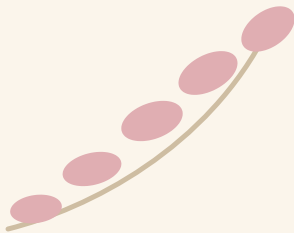
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REFLECTION

Where has a missing boundary been quietly building my resentment?

What makes boundaries hard for me to set — guilt, fear, habit?



PART SIX

6

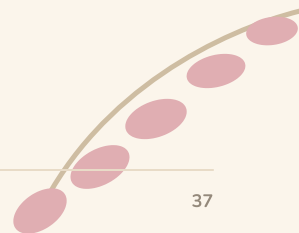
Go Deeper & Reflect

The lasting work happens underneath — in your values, your self-talk, and your relationships. This part holds the deeper reflections, trackers, and plans to carry it all forward.

IN THIS PART

- ☆ Anger & My Values
- 🔗 Letting Go & Forgiveness
- 💖 Self-Compassion
- 💬 Therapist's Companion
- 📅 Weekly Reflection & Trackers
- 🛡️ My Anger Action Plan

one steady step at a time



Anger & My Values

Anger almost always guards something you care about. When you know which value your anger is defending, you can protect it in a way that actually works.



HOW TO USE THIS PAGE

Circle the values that matter most to you, then connect a recent flash of anger to the value underneath it. Anger is loud precisely because the value is important.

VALUES THAT MATTER TO ME

Respect

Fairness

Honesty

Family

Loyalty

Independence

Safety

Being heard

Competence

Kindness

Freedom

Reliability

RECENT ANGER → THE VALUE UNDERNEATH IT

I felt angry when...

.....

.....

...which tells me I deeply value...

.....

.....

A way to honor that value **without** the blow-up:

.....

.....



REMEMBER

Your anger and your values are neighbors. Learn to hear the value in the anger, and you can protect what matters without burning it down.

Letting Go & Forgiveness

Holding onto resentment is like gripping a hot coal to throw at someone else — you're the one who gets burned. Letting go isn't excusing what happened; it's freeing yourself from carrying it.

WHAT LETTING GO IS

Choosing to set down the resentment so it stops running your life. Reclaiming your peace and energy.

WHAT LETTING GO IS NOT

Saying it was okay. Forgetting. Reconciling if it isn't safe. You can release the grip and still keep the boundary.

THE RESENTMENT I'M CARRYING

What happened, and what it cost me:

.....

.....

What holding onto this anger is costing me now:

.....

.....

What I'd gain by setting it down (even a little):

.....

.....

A SMALL STEP TOWARD RELEASE

One thing I can do to loosen my grip this week...

.....



REFLECTION

What would I do with the energy I'm currently spending on this resentment?

Self-Compassion After a Setback

You will lose your temper again sometimes — everyone does. Beating yourself up only adds shame, which is fuel for more anger. Self-compassion is what actually helps you get back on track.



HOW TO USE THIS PAGE

When you slip, try these three moves instead of self-attack. Harsh self-talk feels productive but it just pours fuel on the fire.



Notice

“This is a hard moment.”

Acknowledge the struggle instead of ignoring it or drowning in it.



You're not alone

*“Everyone struggles with anger
sometimes.”*

This is part of being human — you're not uniquely broken.



Be kind

“What do I need right now?”

Speak to yourself like you would to a good friend having a hard day.

MY HARSH INNER VOICE SAYS...

.....

.....

.....

A KINDER, TRUER VOICE WOULD SAY...

.....

.....

.....



REMEMBER

You are not your worst moment. Progress isn't never falling — it's getting back up a little faster, and a little kinder, each time.

Therapist's Companion – Questions to Explore

A set of deeper questions to sit with on your own, or to bring into a session with a therapist, coach, or counselor. There are no right answers — only honest ones.



FOR DEEPER WORK — SOLO OR IN SESSION

Use these as journaling prompts or discussion starters. If you're working with a professional, pick one or two that stir something and explore them together.



Roots & history

- When did I first learn how to 'do' anger — and from whom?
- How was anger expressed in my home growing up?
- What did I learn anger gets me — and what it costs me?



Patterns & triggers

- Who or what reliably triggers me, and why them?
- What am I usually feeling *underneath* the anger?
- What does my anger protect me from feeling?



Relationships

- How does my anger affect the people closest to me?
- What would they say they need from me when I'm angry?
- Where do I need a boundary I haven't set?



Growth & meaning

- What would change in my life if anger had less grip on me?
- What does 'handling anger well' look like for me specifically?
- What's one strength I can build on?

THE QUESTION I MOST WANT TO EXPLORE NEXT...

What Healthy Responses Sound Like

Knowing what to do differently is easier with examples. Here's what a healthier response can look and sound like in common situations — models to borrow and make your own.

SITUATION	🔥 REACTIVE RESPONSE	🌱 HEALTHIER RESPONSE
Someone criticizes me in front of others	<i>Snap back, defend, or humiliate them in return.</i>	<i>"I feel disrespected. I'll address this calmly, in private — my worth isn't decided by their comment."</i>
My partner forgets something important to me	<i>"You NEVER care about anything I ask!"</i>	<i>"When this gets forgotten, I feel unimportant. Can we find a way to make it stick together?"</i>
I'm cut off in traffic / treated rudely	<i>Rage, honk, tailgate, let it ruin the next hour.</i>	<i>"That was frustrating. It's not about me, and it's not worth my afternoon. Breathe, let it go."</i>
I make a mistake at work	<i>"I'm such an idiot, I always screw up."</i>	<i>"That's a mistake, not my identity. What can I learn, and what's the next right step?"</i>

CALM PHRASES TO KEEP IN YOUR POCKET

- 😊 "I can be angry and still be in control."
- 😊 "This feeling will pass — I don't have to act on it."
- 😊 "I can be firm about the issue and kind to the person."
- 😊 "What do I actually need right now?"
- 😊 "Their behavior is theirs; my response is mine."
- 😊 "I've handled hard moments before. I can handle this."

MY OWN HEALTHY RESPONSE — IN MY WORDS

A situation that gets me:

What a healthier response would sound like:

REMEMBER



You don't have to feel calm to act calm. The steady response, practiced enough times, is what eventually makes the calm feeling follow.

Talking It Through

Anger grows in silence and shrinks in the open. Letting a trusted person — a friend, partner, or therapist — into your work makes it lighter and more likely to stick.



HOW TO USE THIS PAGE

Use these openers to start honest conversations about your anger. Choosing to talk about it is itself a sign of strength, not weakness.

CONVERSATION STARTERS

-  *"I've been working on my anger, and I'd like your help with something."*
-  *"When I get angry, what's that like for you?"*
-  *"Here's what usually sets me off... have you noticed the same?"*
-  *"When I'm heated, the most helpful thing you can do is..."*
-  *"I'm sorry for how I reacted. Can we talk about it?"*

PEOPLE I CAN BE HONEST WITH

.....

.....

WHAT HELPS ME MOST WHEN I'M UPSET

.....

.....

If anger ever scares you or others, or feels impossible to control, please reach out to a doctor or mental-health professional. Asking for support is one of the bravest, steadiest things you can do.



REFLECTION

Who is one person I could open up to this week — and what would I say first?

Weekly Reflection

Progress lives in reflection. A few honest minutes at the end of each week turns scattered days into real, visible growth.



HOW TO USE THIS PAGE

Revisit your week with curiosity, not judgment. Print copies and make this a weekly ritual — it's where the lessons actually land.

WEEK OF

AVG. ANGER (1-10)



A WIN THIS WEEK — A MOMENT I HANDLED WELL

.....

.....

A HARD MOMENT — AND WHAT SET IT OFF

.....

.....

WHAT I LEARNED ABOUT MYSELF THIS WEEK

.....

.....

A SKILL OR TOOL THAT HELPED

.....

MY FOCUS FOR NEXT WEEK

.....



REMEMBER

Don't measure yourself against perfect. Measure against last month — that's where you'll see how far you've come.

30-Day Calm Tracker

Small steps, repeated, become who you are. Fill one circle a day — every marked day is proof you're building a steadier response.



HOW TO USE THIS PAGE

At the end of each day, color the circle: green-ish if you practiced a skill or stayed steady, warm if it was a hard day. Aim for progress, not a perfect streak.



Stayed steady / used a skill



A tough day — that's okay too

1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



25



26



27



28



29



30



MY BIGGEST SHIFT THIS MONTH

.....

.....

WHAT I WANT TO KEEP WORKING ON

.....

.....



REMEMBER

A missed day isn't failure — it's just a day. The next circle is always right there, waiting for you to begin again.

My Anger Action Plan

Everything you've learned, in one place. When you're activated, you won't want to flip through pages — so build your personal plan here and keep it handy.



My early warning signs

The first signals that I'm heating up

.....

.....

.....



My biggest triggers to watch

What reliably sets me off

.....

.....

.....



My go-to calming tools

What actually works to bring me down

.....

.....

.....



How I want to respond

The kind of response I'll be proud of

.....

.....

.....



My support people

Who I can reach out to

.....

.....



My reasons to stay steady

Why this matters to me

.....

.....



IF I FEEL I'M ABOUT TO LOSE CONTROL, I WILL...

.....



REMEMBER

This plan is your anchor. Read it when you're calm so it's familiar, and lean on it when the storm hits.

Your Calm Card

Distilled and portable. Fill in this little card, cut it out, and keep it in your wallet or phone case — a pocket-sized reminder for the moments you need it most.



HOW TO USE THIS PAGE

Pull your top warning signs and tools from your Action Plan. Cut along the dashed line — a second copy is included so you can keep one and share one.

✂

My Calm Card

3 WARNING SIGNS 	3 CALMING TOOLS
------------------------------------	------------------------------------

MY CALM PHRASE & MY PERSON

My Calm Card

3 WARNING SIGNS 	3 CALMING TOOLS
------------------------------------	------------------------------------

MY CALM PHRASE & MY PERSON

✂



REMEMBER

The best tool is the one you actually reach for. Keep your calm card where the heated version of you will find it.

Wins & Progress

We remember our blow-ups and forget our victories. This page is for the wins — every paused reaction, every calmer choice, every repair. They count.



HOW TO USE THIS PAGE

Collect your evidence of growth here. On hard days, come back and read it — proof that you are, in fact, changing.

MOMENTS I'M PROUD OF — TIMES I HANDLED ANGER WELL

.....

.....

.....

.....

SOMETHING I DO BETTER NOW THAN BEFORE

.....

.....

WHAT OTHERS MIGHT BE NOTICING

.....

.....

A MESSAGE TO MYSELF FOR A FUTURE HARD DAY

.....

.....



REMEMBER

Growth is rarely a straight line. Zoom out far enough and you'll see it: you are becoming steadier, one choice at a time.

The Steady Person I'm Becoming

You've done real work getting here. Anger will still visit — but now you have a map, a toolkit, and a plan. Close with a few words to the steadier self you're growing into.

♥ *I can feel anger without being controlled by it.*

♥ *I choose my response, even when it's hard.*

♥ *I am allowed to set boundaries and still be kind.*

♥ *My calm is a strength I keep building.*

♥ *I can repair what anger breaks.*

♥ *Every pause is a small act of courage.*

♥ *I am not my worst moment.*

♥ *I am becoming steadier every day.*

WRITE YOUR OWN — THE PERSON I'M BECOMING IS...

.....

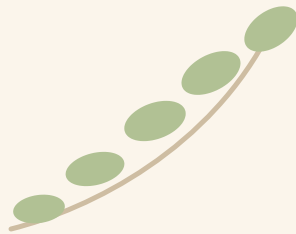
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ONE LAST THING



Steadiness isn't the absence of anger. It's the presence of choice. You have everything you need to begin again, any moment you decide to.



STEADY



you feel the anger.

you choose the response.

Anger isn't the enemy — it's information. May these pages help you
listen to it, understand it, and answer it with intention.

Pause • Understand • Respond

A complete anger management journal & workbook · for personal growth & reflection