

Learning From My Angry Behavior Worksheet

Kids often have trouble with how they deal with their anger. This worksheet can help you figure out what went wrong and what you can do differently the next time. By completing this worksheet every time your anger gets you in trouble, you can learn to deal with your anger without getting yourself in trouble or hurting others. Don't worry about spelling or grammar—you won't get graded on it! But do share it with your parents and your counselor—they can help you learn from your mistakes.

Today's Date: _____

What I did: (example—shouted at my mom, threw a toy, didn't do what I was told, hit someone)

What triggered my anger: (example—she wouldn't let me go out and play, being hit or teased, being told "No")

What did I tell myself about the situation that made my anger worse: (examples—It's not fair! I never get my way! She's making me mad on purpose! I don't have to listen!)

How my behavior affected others: (examples—I hurt my mom's feelings, made my sister cry, scared someone, interrupted what others were doing.)

How my behavior affected me: (examples—I was grounded for the day. I felt bad about myself. I couldn't use my electronics.)

How could I have handled the situation differently: (example—I could have done something else instead. I could have yelled into a pillow. I could have talked about my feelings. I could have asked for help)

What could I have told myself about the situation that might have helped me to not get so angry? (example—"It's no big deal." "It's not the end of the world." "It could be worse." "I can deal with it." "I won't always get my way." "Maybe I can get what I want another time.")

What do I need to do now: (examples—apologize, offer to help the person I hurt to make up for what I did, write an apology note, work on better ways to control my anger)