

Anger Management

Try it Yourself Activity

Recall an incident in your life where you had gotten angry and had become violent. It is best if the incident happened recently.

Step 1: Maintain silence and close your eyes before you recall the incident. Take 10 minutes for this.

Step 2: Fill in the Guide Form given below.

Event	Trigger	Emotion	Sensation	Thoughts	Behavior	Consequence
(What's the incident?)	(What made you angry?)	(How did you feel?)	(How did your body react?)	(What was going in your mind?)	(What was your reaction?)	(What was the result of your reaction?)

