

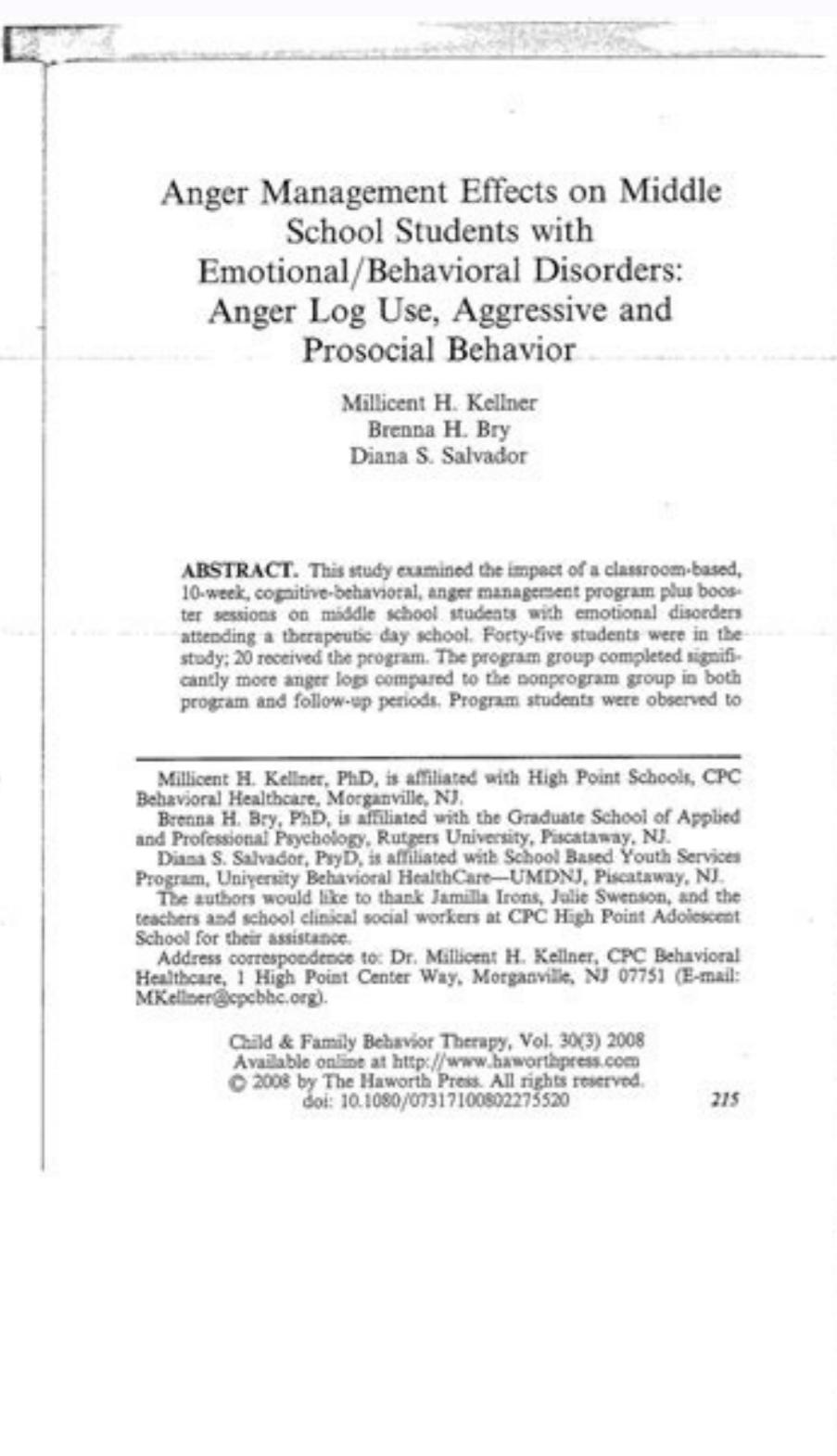


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## MY ANGER WORKSHEET

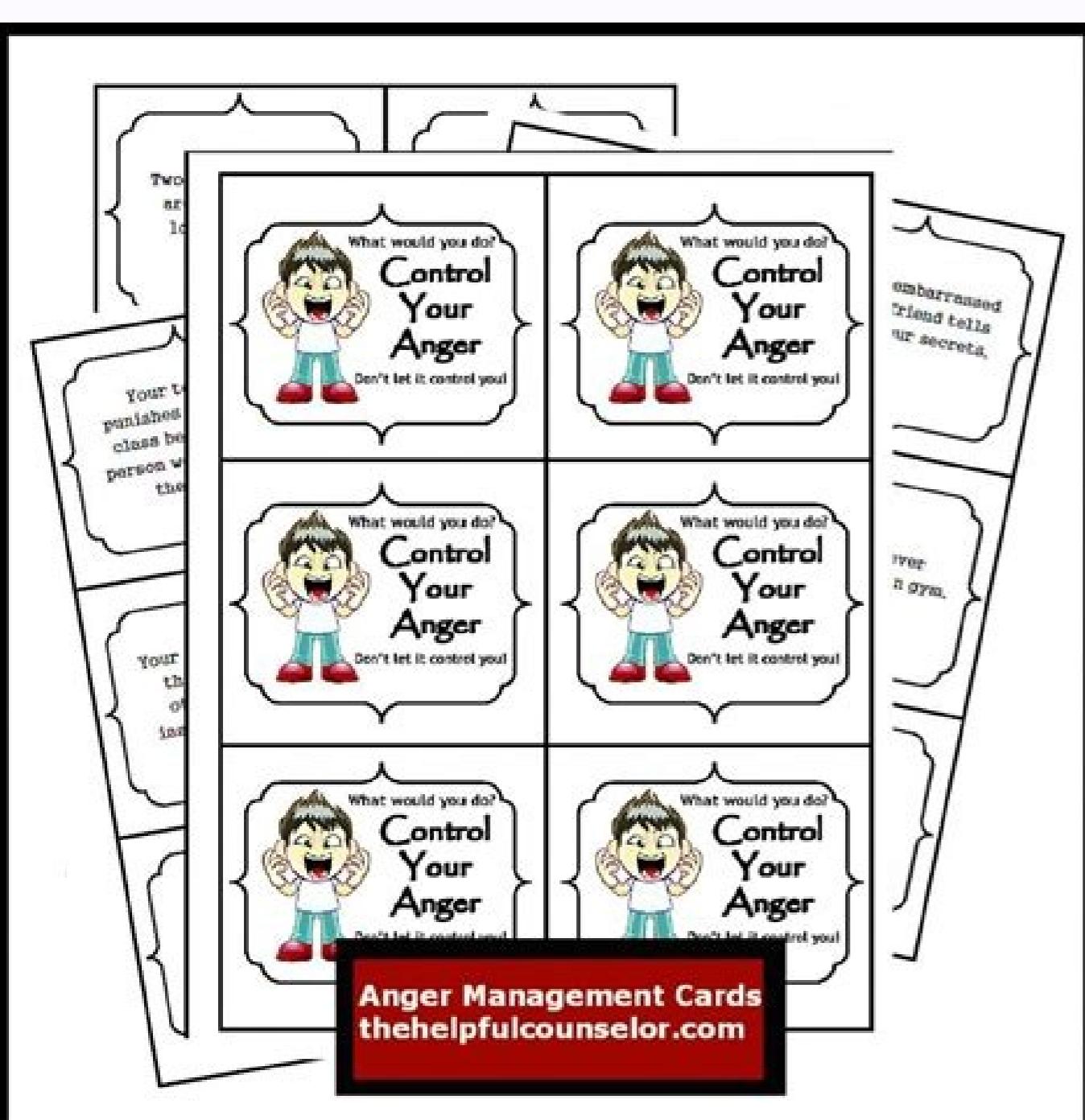
### 1 IDENTIFY A SITUATION WHERE YOU EXPERIENCED DISTRESS OR ANGER (Who? What? When? Where? Why?)

### 2 ALTERNATIVES

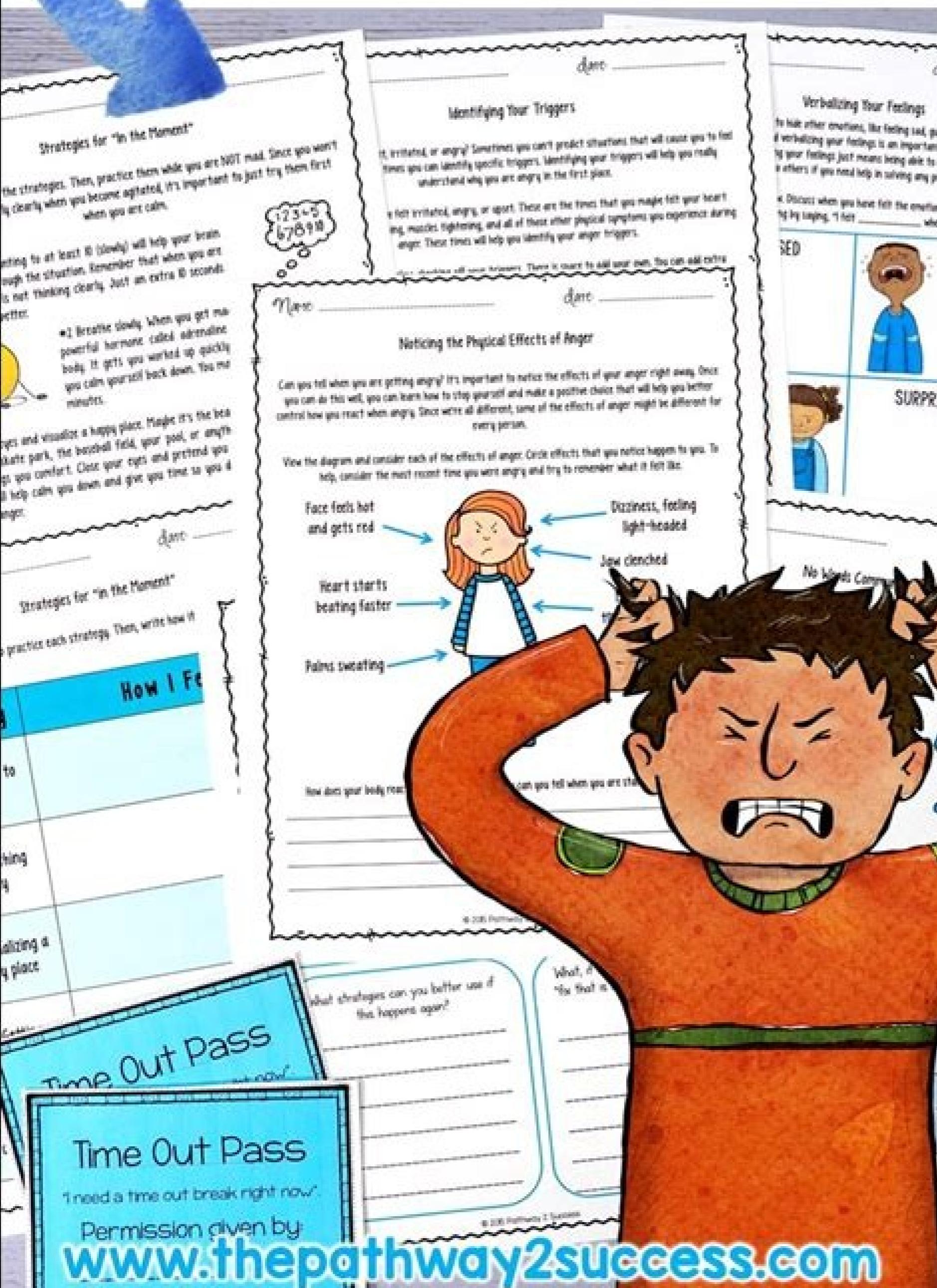
Think of 2 ways you could make the situation WORSE:	Why didn't (or wouldn't) you do that?
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

### 3 EXERCISE

Think of 3 ways you could make the situation BETTER.	What would you need to do to handle the situation better next time?
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____



# ANGER MANAGEMENT Toolkit



Anger Decision Sheet

Trigger	Letting Go	Or	Acting Assertively

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Having experienced with "For Dummies" series, I expected to have a full informative book inside talking about such topic, and I find that this book has satisfied what it stands to be. Contents of the book, it teaches me how to manage anger. Having experienced with "For Dummies" series, I expected to have a full informative book inside talking about such topic, and I find that this book has satisfied what it stands to be. Conten One of the best decision I made while in university undertaking my degree, during this time of distress and the time of pandemic, was to stumble upon this book and take the effort to read it. Although, a small comment need to be said, that each chapter or two, the author has the tendency to restate the main point of earlier chapters (For example, state your anger constructively) all over the next chapters, which I find it pretty boring by the time I read through the mid part, but important nonetheless, so there's not much to be complained about. Overall, great book, simple explanation topic, and I hope by the time I finish this review, I find myself to be better at managing anger (and life, I suppose.) ...more The requested URL was not found on this server. Additionally, a 404 Not Found error was encountered while trying to use an ErrorDocument to handle the request. Introduction 1Part I: Getting Started with Anger Management 5Chapter 1: Understanding Anger 7Chapter 2: Finding Your Anger Profile 15Chapter 3: Deciding Whether to Change 35Part II: Rethinking Anger 55Chapter 4: Jump-Starting Anger Management 57Chapter 5: Connecting Events to Thoughts and Feelings 69Chapter 6: Reexamining Angry Thoughts 79Chapter 7: Taking the Focus Off Yourself 103Part III: Equipping Yourself with Anger-Management Tools 113Chapter 8: Communicating Assertively 115Chapter 9: Solving Problems without Anger 137Chapter 10: Relaxing Anger Away 149Chapter 11: Practicing Non-Angry Responses 161Part IV: Managing Anger Hotspots 173Chapter 12: Dealing with Anger at Work 175Chapter 13: Controlling Anger at Home with Family 191Chapter 291Chapter 21: Finding Meaning and Purpose 301Part VII: The Part of Tens 313Chapter 22: Ten Ways to Deal with Angry People 315Chapter 23: Ten Ways to End Road Rage 323Chapter 24: Ten Anti-Anger Thoughts 331Index 339 One of the best decision I made while in university undertaking my degree, during this time of distress and the time of pandemic, was to stumble upon this book and take the effort to read it. But when it gets out of control and turns destructive, it can lead to problems—at work, in personal relationships, and in the overall quality of life. This simple sentence can be expanded into who, what, how, why, when, and where of managing anger. Provided with methods on managing anger, I find that most of the time it works when I applied some of the techniques given to the reader. Anger Management For Dummies shows you how anger is often a bi-product of other more primitive emotions, such as fear, depression, anxiety, and stress, and arms you with the strategies that can help you conquer them. Inside, you'll discover how to overcome obstacles to change, rethink rage, confront anger head-on with healthier responses, and much more. Features new and updated coverage on road rage, air rage, office rage, and dealing with angry children. Introduces you to new cognitive strategies for changing angry thinking. Explains the difference between anger and aggression. Shows you how to effectively and safely deescalate difficult people and situations. With the tools, tips, and strategies provided in this hands-on guide, you'll find everything you need to overcome anger and live a happier, more productive life. This book has given me the insight of how to manage anger, the one emotion that I always struggle since I was a child. Apache/2.4.41 (Ubuntu) Server at illyfellowz.central.edu Port 443 Your one-stop guide to anger management. Anger is a completely normal, healthy human emotion. . Anger Management For Dummies provides trusted and authoritative information on anger management methods, skills, and exercises that will help you or a loved one identify sources of anger and release them healthily. Anger has become one of the most intimate issues in today's world - as life, in general, has become increasingly stressful.

