

♥ Safe Haven Connect CIC · Managing Anger Workbook.pdf

Managing anger is a valuable life skill, and this workbook would focus on understanding anger and responding to it in healthier ways.

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Mental Health & Wellbeing

Managing Anger Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The activities in this workbook are designed for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – Understanding Anger

Anger is a normal human emotion.

Feeling angry doesn't make you a bad person. What matters is how you recognise, understand and respond to your anger.

Learning to manage anger in healthy ways can improve your wellbeing, relationships and decision-making.

♥ When I become angry, I usually...

- ☐ Raise my voice.
- ☐ Stay quiet.
- ☐ Walk away.
- ☐ Feel frustrated.
- ☐ Become tense.
- ☐ Cry.
- ☐ Feel overwhelmed.
- ☐ Take time to calm down.
- ☐ Other:

♥ Things that commonly trigger my anger

- ☐ Feeling ignored.
- ☐ Feeling criticised.
- ☐ Stress.

- ☐ Feeling treated unfairly.
- ☐ Lack of sleep.
- ☐ Financial worries.
- ☐ Relationship difficulties.
- ☐ Work or school pressures.
- ☐ Other:

♥ What would I like to change about how I respond to anger?

♥ Remember

Anger is an emotion.

It doesn't have to control your actions.

Learning to pause, understand your feelings and respond calmly takes practice—and every small step counts.

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PAGE 2 – Recognising the Signs of Anger

Anger often builds gradually before it reaches a breaking point.

Learning to notice your early warning signs can help you pause and respond in a healthier way.

Everyone experiences anger differently.

♥ When I start to feel angry, I notice...

- ☐ My heart beats faster.
- ☐ My muscles become tense.
- ☐ I clench my fists.
- ☐ I grind my teeth.
- ☐ My breathing becomes quicker.
- ☐ I feel hot or flushed.
- ☐ I struggle to concentrate.
- ☐ I become impatient.
- ☐ Other:

♥ What thoughts usually go through my mind?

- ☐ "This isn't fair."
- ☐ "Nobody understands me."
- ☐ "I've had enough."
- ☐ "I can't cope."

☐ Other:

My Early Warning Signs

Write down the first signs that tell you your anger is increasing.

What could I do at this stage?

☐ Take slow, deep breaths.

☐ Walk away for a few minutes.

☐ Count slowly to ten.

☐ Have a drink of water.

☐ Go for a short walk.

☐ Listen to calming music.

☐ Talk to someone I trust.

☐ Other:

Remember

The earlier you notice your anger, the easier it can be to manage.

Recognising the signs isn't about stopping your feelings—it's about giving yourself time to choose how you respond.

Every pause is an opportunity to make a different choice.

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PAGE 3 – Understanding Your Triggers

Anger is often a reaction to something that has happened or how we interpret a situation.

By understanding your personal triggers, you can prepare healthier ways to respond.

Remember, you can't always control what happens, but you can learn to control how you respond.

My common anger triggers

- ☐ Feeling criticised
- ☐ Feeling ignored
- ☐ Being interrupted
- ☐ Stress
- ☐ Feeling overwhelmed
- ☐ Traffic or delays
- ☐ Financial worries

- ☐ Family disagreements
- ☐ Relationship problems
- ☐ Work or school pressure
- ☐ Lack of sleep
- ☐ Physical pain
- ☐ Other:

♥ Think about a recent time you felt angry.

What happened?

How did I react?

Looking back, would I change anything?

♥ Next time I notice this trigger, I will...

- ☐ Pause before responding.
- ☐ Take slow, deep breaths.
- ☐ Walk away for a few minutes.
- ☐ Think before speaking.
- ☐ Talk calmly.
- ☐ Ask for support.
- ☐ Remind myself that anger will pass.
- ☐ Other:

♥ Remember

Triggers don't have to control your behaviour.

The more you understand what affects you, the more prepared you'll be to respond calmly and make choices that support your wellbeing.

Awareness is the first step towards positive change.

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PAGE 4 – Healthy Ways to Respond to Anger

Feeling angry isn't the problem—it's how we respond that makes the difference.

Healthy coping strategies can help you calm your mind and body before deciding what to do next.

Remember, taking a pause is a sign of strength, not weakness.

 When I feel angry, I can...

- ☐ Take slow, deep breaths.
- ☐ Count slowly to ten.
- ☐ Go for a walk.
- ☐ Listen to calming music.
- ☐ Drink a glass of water.
- ☐ Write down my thoughts.
- ☐ Talk to someone I trust.
- ☐ Practice mindfulness.
- ☐ Stretch or exercise.
- ☐ Take some quiet time.
- ☐ Other:

♥ Which coping strategies work best for me?

1.

2.

3.

♥ My Calm Down Plan

When I notice I'm becoming angry, I will...

1.

2.

3.

♥ How do I feel after calming down?

Remember

Strong emotions don't last forever.

Giving yourself time to pause, breathe and think can help you respond in a way you'll feel proud of later.

You can't always control your emotions, but you can learn to choose your response.

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PAGE 5 – Communicating When You're Angry

When emotions are running high, it's easy to say things we later regret.

Learning to communicate calmly can help you express your feelings while protecting your relationships.

Remember, it's okay to take a break before continuing a conversation.

 Before I Speak, I Can Ask Myself...

☐ Am I calm enough to talk?

- ☐ What do I want the other person to understand?
- ☐ Am I listening as well as speaking?
- ☐ Will my words help solve the problem?
- ☐ Do I need a few more minutes before responding?

Using Calm Communication

Instead of...

 Shouting

✓ Speaking calmly

Instead of...

 Blaming

✓ Explaining how I feel

Instead of...

 Interrupting

✓ Listening carefully

Instead of...

 Reacting immediately

✓ Taking a moment to think

Practice an "I" Statement

Instead of saying...

I could say...

"I feel... because... I would appreciate..."

♥ Next Time I Feel Angry, I Will Remember...

♥ Remember

Taking a few moments to pause before speaking doesn't mean you're ignoring the problem.

It gives you the opportunity to communicate with honesty, respect and self-control.

Calm communication often leads to better understanding and healthier relationships.

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PAGE 6 – Learning From Anger

Every experience with anger can teach us something about ourselves.

Instead of judging yourself, try to reflect with curiosity and kindness.

Understanding what happened can help you respond differently in the future.

♥ Think about a recent situation when you felt angry.

What happened?

How did I respond?

How did my response affect me or others?

♥ If I could go back, what would I do differently?

- ☐ Pause before reacting.
- ☐ Take a few deep breaths.
- ☐ Walk away for a short time.
- ☐ Explain how I feel calmly.
- ☐ Listen to the other person.
- ☐ Ask for support.
- ☐ Other:

♥ One lesson I can take from this experience

♥ Remember

Making mistakes doesn't mean you've failed.

Every experience is an opportunity to learn, grow and strengthen your ability to respond in healthier ways.

Progress comes from learning—not from being perfect.

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PAGE 7 – Letting Go After Anger

Once the moment has passed, it's important to let go of the anger rather than carrying it with you.

Holding onto anger for a long time can leave you feeling emotionally and physically drained.

Learning to move forward doesn't mean pretending nothing happened. It means choosing not to let anger control the rest of your day.

 After I've calmed down, I can...

- ☐ Reflect on what happened.
- ☐ Accept my feelings.
- ☐ Apologise if needed.
- ☐ Forgive myself.
- ☐ Forgive others when I'm ready.
- ☐ Focus on finding a solution.
- ☐ Do something relaxing.
- ☐ Let go and move forward.
- ☐ Other:

♥ What helps me feel calm again?

- ☐ Going for a walk.
- ☐ Listening to music.
- ☐ Spending time in nature.
- ☐ Talking to someone.
- ☐ Reading.
- ☐ Deep breathing.
- ☐ Mindfulness.
- ☐ Exercise.
- ☐ Other:

♥ What would I like to let go of today?

♥ One positive thing I can do after this situation

♥ Remember

You cannot always change what has happened.

But you can choose what happens next.

Every time you choose understanding over reacting, you're building emotional strength and resilience.

Letting go isn't about forgetting—it's about giving yourself permission to move forward.

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PAGE 8 – Building Long-Term Emotional Control

Managing anger is a skill that develops over time.

The more you practise healthy coping strategies, the easier it becomes to respond calmly in difficult situations.

Remember, progress is built through small, consistent steps.

♥ Habits that help me stay emotionally balanced

☐ Get enough sleep.

- ☐ Exercise regularly.
- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Practice relaxation.
- ☐ Talk to someone I trust.
- ☐ Take regular breaks.
- ☐ Manage stress early.
- ☐ Make time for hobbies.
- ☐ Other:

My Early Warning Plan

When I notice I'm becoming frustrated, I will...

1.

2.

3.

My Personal Support Network

People I can talk to when I'm struggling:

1.

2.

3.

A Reminder for Difficult Days

Write a message to yourself that you can read when you feel your anger building.

Remember

You don't have to react to every emotion you experience.

By slowing down, taking care of yourself and choosing healthy responses, you build emotional strength one day at a time.

Every calm response is a step towards a healthier, more balanced future.

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PAGE 9 – My Anger Management Plan

You've explored your triggers, warning signs and healthy coping strategies.

Now it's time to create a personal plan that you can use whenever you notice your anger beginning to build.

Having a plan ready can make it easier to respond calmly during difficult moments.

 My Biggest Anger Triggers

- ☐ Feeling criticised
- ☐ Feeling ignored
- ☐ Stress
- ☐ Family disagreements
- ☐ Work or school pressure
- ☐ Lack of sleep
- ☐ Feeling overwhelmed
- ☐ Other:

♥ My Early Warning Signs

♥ My Healthy Coping Strategies

- ☐ Take slow, deep breaths.
- ☐ Walk away for a few minutes.
- ☐ Count slowly to ten.
- ☐ Go for a walk.
- ☐ Listen to calming music.
- ☐ Talk to someone I trust.
- ☐ Practice mindfulness.
- ☐ Other:

♥ Who Can Support Me?

1.

2.

3.

My Personal Reminder

When I feel angry, I want to remember...

Remember

Anger is a normal emotion.

You don't have to react immediately.

By recognising your feelings, taking a pause and choosing a healthy response, you give yourself the opportunity to act in a way that reflects your values.

Every calm decision helps build confidence, resilience and healthier relationships.

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PAGE 10 – My Anger Management Action Plan

Congratulations on completing this workbook.

Managing anger doesn't mean never feeling angry. It means recognising your emotions, understanding your triggers and choosing healthy ways to respond.

Use this page to create your personal plan for moving forward.

♥ Three Things I Will Practise

1.

2.

3.

♥ When I Feel Angry, I Will...

- ☐ Pause before reacting.
- ☐ Take slow, deep breaths.
- ☐ Walk away if I need time.
- ☐ Speak calmly and respectfully.
- ☐ Listen to understand.

- ☐ Think before I respond.
- ☐ Ask for support if needed.
- ☐ Focus on finding a solution.

My Personal Reminder

When I feel my anger rising, I want to remember...

My Commitment

"I cannot always control what happens around me, but I can learn to choose how I respond. I will treat myself and others with respect, patience and understanding while continuing to grow every day."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Anger is a natural human emotion, but it doesn't have to control your life.

Every time you pause, breathe and choose a healthier response, you're building emotional strength and improving your relationships.

Progress takes practice. Be patient with yourself and remember that every positive step matters.

Thank you for using this workbook.

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 Supporting your mental health and wellbeing, one calm step at a time.