

STAGES OF ANGER WORKSHEET

Handout

STAGES OF ANGER

For each stage, think of at least 3 things that you regularly experience that trigger that feeling.

ANNOYANCE

- a. _____
- b. _____
- c. _____

IRRITATION

- a. _____
- b. _____
- c. _____

ANGER

- a. _____
- b. _____
- c. _____

RAGE

- a. _____
- b. _____
- c. _____

FURY

- a. _____
- b. _____
- c. _____

BRINGING IT DOWN

Think of things you can do to deal with each one.

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

- a. _____
- b. _____
- c. _____

