Session 8
Real Life Practice Exercise
for Anger Management

Until the next session, pay attention to your reactions to situations that make you angry. Try to identify the thoughts that are making you angry and try to change them. Before the next session, pick one occasion involving angry feelings (or feelings of annoyance, frustration, or irritation) and write down the following:

Trigger situation:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Calm-down phrases used:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Anger-increasing thoughts:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Anger-reducing thoughts:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What other thoughts might have helped you cope with this situation?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________