

Handout 4 - Instructions: Review this tool, test it out with clients, or try filling it in yourself. Consider these questions: 1. Could this tool be useful in your RSAT program? How might you modify this tool? Where do you think this tool is from?

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?
