

Name:

Hour:

People have different stresses in each part of their lives. Complete each square by describing some of the stresses you have with the following:

<u>Friends</u>

<u>Family</u>

<u>School</u>

<u>Other Areas in your life</u>

Negative Ways to Cope with these stressors.

Positive Ways to Cope with these stressors.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Anger Management

Try to remember an incident in which you became angry. Think carefully about what happened and answer the questions honestly.

1. What was the stressor? (Activating Event)

2. How intense were the feelings? Circle One: 1. annoyed 2. angry 3. furious

3. What were you thinking during this situation?

4. What are your physical signs that showed you were reacting to the negative feelings?

5. What did you feel like doing and what did you actually do?

6. Did your actions make the situations worse, or did it produce the results you wanted without hurting anyone physically or emotionally? Explain your answer.

