

Anger Management

This worksheet is designed to help you reflect on what you learned during the Anger Management course and prepare for your follow-up discussion with your SAP, EAP, or counselor.

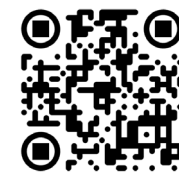
The questions below will guide you in reviewing key concepts and thinking critically about how they apply to your real-life experiences. Your honest responses will support a meaningful, growth-focused conversation and help reinforce the tools introduced

Part I – Knowledge

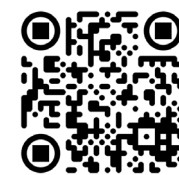
What is the difference between healthy anger and harmful anger?



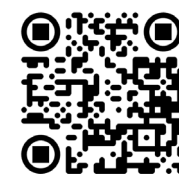
In the topic on distorted thinking, what does it mean to “catastrophize” a situation?



How does Bruce Banner learn to control the Hulk’s “just smash or be smashed” mentality?

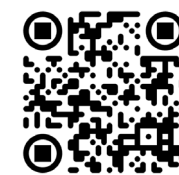


What does it mean to repair harm, and why does it matter after an angry episode?



Which is an example of a small win in anger management?

- A. Promising yourself you’ll never get angry again
- B. Pausing before responding to a sarcastic comment
- C. Avoiding all situations that make you upset
- D. Letting your anger out so it doesn’t build up



Reflection: *Anger can damage trust when it’s expressed in ways that harm others. What’s one relationship in your life that could benefit from a more thoughtful response to anger? What might it look like to take responsibility and begin rebuilding trust.*

Part II – Engagement

In the story about Will Smith’s outburst at the Oscars, what was one major consequence he experienced as a result of acting on impulse?



The course described how John McEnroe was once known for his emotional outbursts on the tennis court. What did he later share about learning to manage anger, and why does that matter? _____



In “You Chose Me to Bring Hellfire,” what inappropriate actions did the teacher take in response to feeling disrespected? What could he have done differently to manage his frustration?



Let discuss your anger management plan for a situation you experienced in the past and are likely to encounter again.

What’s one situation where you’re most likely to feel overwhelmed or reactive?

What tools work best for you in the moment?

How will you repair when your anger hurts someone else?

How will you take responsibility for your actions?

REMEMBER

Managing anger isn’t about being perfect — it’s about building awareness, using your tools, and learning from each experience. Change happens through practice, and your plan will grow over time. ”

Confirmation

I personally completed the course assigned and the worksheet. I understand the material and am ready to discuss what I learned with my SAP or counselor.

Signature: _____ Date: _____