

Anger Management Task Cards (Adults)

**These task cards will help your clients explore their anger & how to cope.*

**The first several pages have cards with scenarios to explore. Following the scenarios are questions that allow clients to explore their own anger.*

Andy is stuck in traffic.
He's running late for
work, and he's getting
angry. What can he do?

Kathy visits her friend one weekend.
She asks her husband to clean out
their garage while she is gone. When
she returns, the garage is still a mess.
Kathy is angry with her husband
and feels he never helps around the
house. What can she do?

Nathan is at the movies.
The men next to him
keep talking, and he is
getting distracted. What
can he do?

Olivia is trying to vent, but
her friend keeps cutting
her off. She feels frustrated
& angry. What can she do?

Caleb's wife often brings up issues from the past, such as his drinking. This makes him angry, especially since he has been sober for a year. What can he do?

Laura is trying to help a customer, but she's being rude. Laura feels offended & angry. What can she do?

Tristan has been waiting at his doctor appointment for over 30 minutes, and he's fed up. What can he do?

Fiona is mad at her husband for being late to dinner on their anniversary. When he gets home, she yells, "You're the worst husband! You're always late! Do you even care?" What could she have done differently?

Theo is studying for the bar exam. He is getting overwhelmed and punches his desk, injuring his hand. What could he have done differently?

Scarlett asks her co-worker for help with a client, but she says that she is too busy. Scarlett is angry because she feels she does most of the work. She later sends her co-worker a passive-aggressive email. What could she have done differently?

Joe & his wife are fighting. She accuses him of lying. Joe yells at her & walks away. What could he have done differently?

Emily is about to leave for her lunch break when her boss starts scolding her for something that she had no control over. In the heat of the moment, Emily quits. Instead of going home, she goes to a bar, even though she is trying to cut back on her drinking. What could she have done differently?

Talk about a recent time
in which you felt angry.
What did you do well?
What could you have
done differently?

What are your
top 2 coping
skills for anger?

What are three things that
trigger your anger? Name a
coping skill/tool/technique
you could use to better
handle each trigger.

When you were growing up,
how did the people in your
household handle their anger?
Do you see any similarities with
how you handle your anger?

How does anger
affect your
thinking?

How does anger
affect your
behavior?

How does anger
affect your body?

Give an example of how
someone can channel
their anger into
something positive.

What were some things that triggered your anger as a child?

Talk about a time anger led you to do something you would later regret.

What emotions does anger cover up?

The “5 Senses” exercise can help you calm down when you’re angry. Let’s practice it. Take a deep breath and then name 1 thing you can see, hear, smell, taste, & feel.

Talk about the last time you were angry with yourself.

Mantras are short phrases you can say to yourself when you feel angry. Examples include, “Just breathe”, “I won’t take this personally”, & “I can handle this”. What mantra could you use when you’re experiencing anger?

We often harbor anger because of grudges & resentments. What grudges do you hold?

Talk about a time you were angry with someone but you forgave them. What led you to forgive them?

Name one song you could listen to that might help when you're feeling angry.

What are some unhealthy habits you turn to when angry?

Talk about a time you were able to de-escalate a situation even though you were angry. How did you do it?

How could you communicate more effectively when angry?

What are various ways people respond to their anger? Which can you relate to?

You are angry and about to erupt! In 30 seconds, name all the things you can do to keep calm.

Do you know anyone who manages their anger well? What do they do?

When you're angry and you just need to be left alone, how could you communicate that to someone?

Interpret the following quote:

"Holding a grudge is like drinking poison and waiting for the other person to die."

Interpret the following quote:

"The greatest remedy for anger is delay."

Interpret the following quote:

"Anger is often more hurtful than the injury that caused it."

Interpret the following quote:

"Fire in the heart sends smoke into the head."

Credits



[Alina V Design and Resources](#)

-Thank you for the frames!