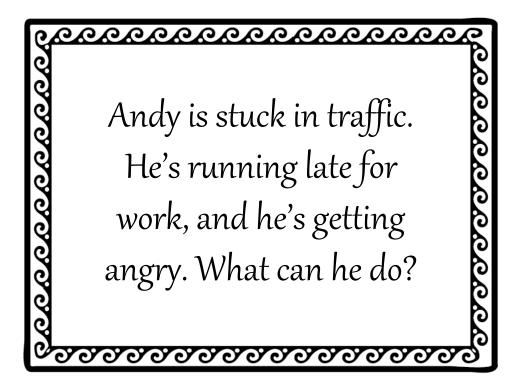
Anger Management Task Cards (Adults)

*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.



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?

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Joe & his wife are fighting.

She accuses him of lying.

Joe yells at her & walks

away. What could he have

done differently?

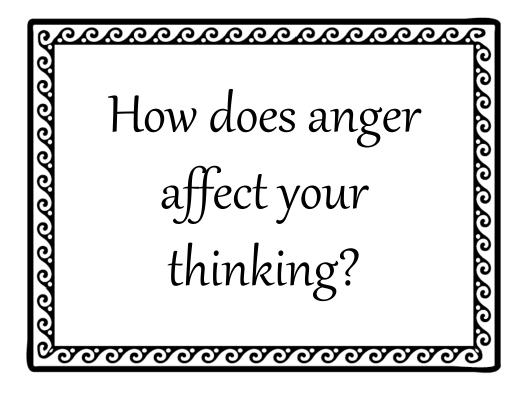
Emily is about to leave for her lunch break when her boss starts scolding her for something that she had no control over. In the heat of the moment, Emily quits. Instead of going home, she goes to a bar, even though she is trying to cut back on her drinking. What could she have done differently?

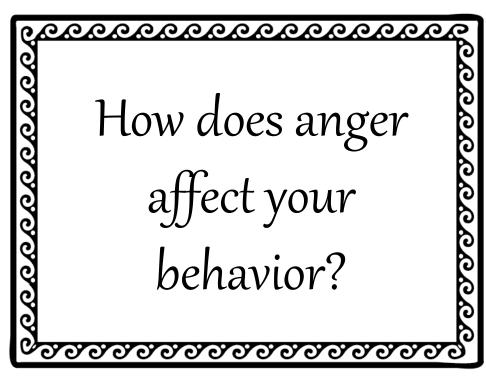
Talk about a recent time in which you felt angry.
What did you do well?
What could you have done differently?



What are 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 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

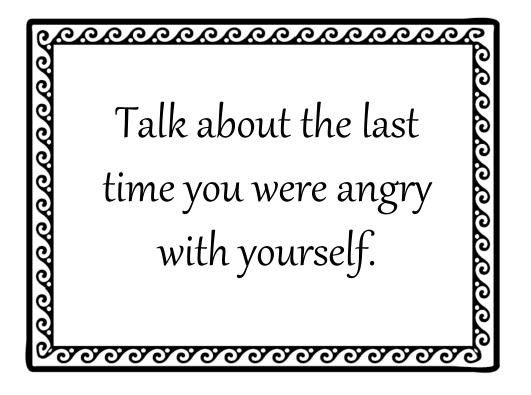
anger led you to do

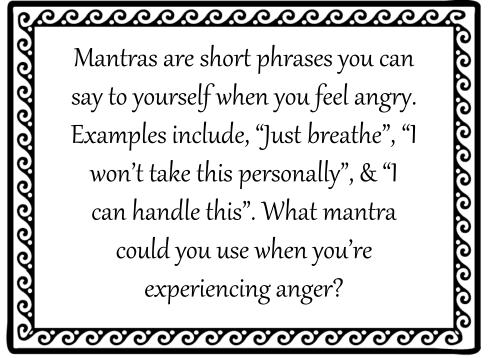
something you would

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.

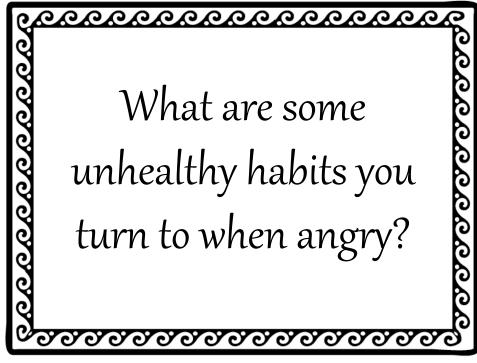


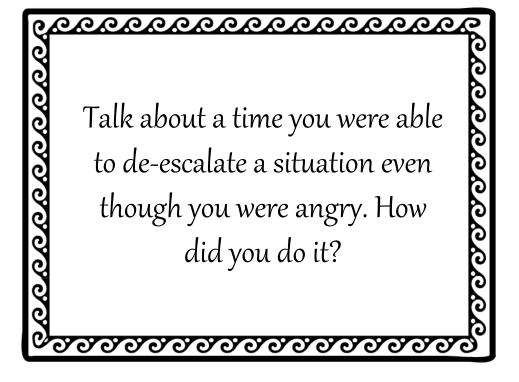


We often harbor anger
because of grudges &
resentments. What grudges
do you hold?

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







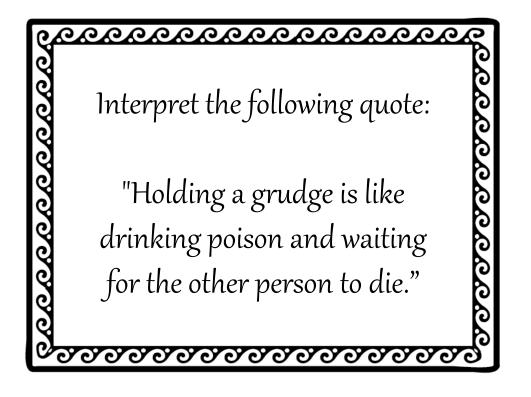


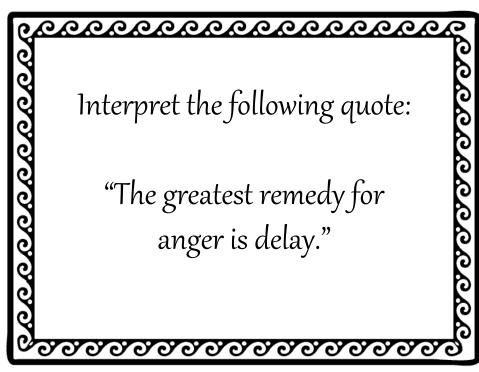
What are various ways
people respond to their
anger? Which can you
relate to?

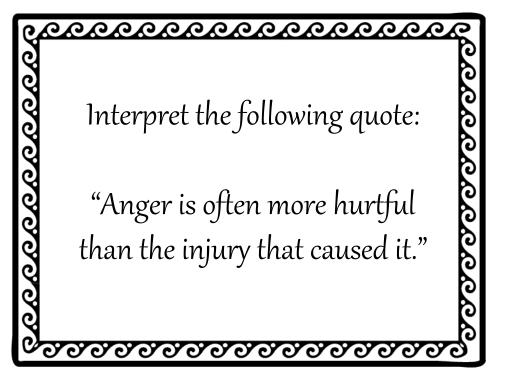
You are angry and about
to erupt! In 30 seconds,
name all the things you
can do to keep calm.

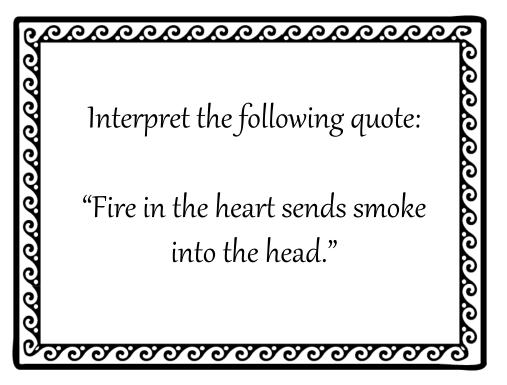
Do you know anyone who manages their anger well? What do they do?

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









Credits



Alina V Design and Resources

-Thank you for the frames!