

Ways To Control Anger

List five ways you can control your anger, like deep breathing, avoiding situations that cause anger, or ignoring provocation. In a second column, write down each time you use each anger-control technique. In a third column, rate how successful you are using each technique, from 1 (not successful) to 10 (very successful).

	Anger Control Technique	Times You Used This Technique	How Successful You Are Using This Technique (1-10)
1			
2			
3			
4			
5			