

Name: \_\_\_\_\_

# When I Get Mad

Everyone experiences anger. Anger is normal. Anger can be positive and provide chances for us to stand up for what we believe in. But anger reactions can be a problem if control is lost.



For each of the anger responses rate using the following:

**S** for sometimes, **A** for always, **N** for never.

Decide if each is a helpful or harmful reaction and be able to explain.

	Harmful	Helpful
_____ Scream or Yell	_____	_____
_____ Blame others	_____	_____
_____ Call others names	_____	_____
_____ Slam things	_____	_____
_____ Destroy things	_____	_____
_____ Breathe deeply	_____	_____
_____ Use my calming strategies	_____	_____
_____ Threaten	_____	_____
_____ Tease others	_____	_____
_____ Stop and think	_____	_____
_____ Ask for help	_____	_____
_____ Ignore	_____	_____
_____ Walk away	_____	_____
_____ Swear	_____	_____
_____ Hurt others	_____	_____

OTHER: