

Anger Decision Worksheet

Trigger	Letting Go	Or	Acting Assertively

Anger Decision Sheet (Sample)

Trigger	Letting Go	Or	Acting Assertively
When I hear about innocent people being wronged by the over-privileged. Saw a story on the news last night.	Tell myself -- the news shows intentionally tries to anger audiences to keep them engaged. There are good people out there who are protecting the innocent only I can't see them.		Offer to volunteer at a local non-profit on Saturdays to help the population I'm worried about.
When someone tells me what to do. My supervisor at work told me to take out the trash.	Tell myself - my supervisor is playing power games and trying to get under my skin. And I'll let it go so he doesn't get the satisfaction.		I need a better work environment. I deserve better. I'm going to work on my resume and skills and find a better situation for myself.
Someone criticizes me. I overheard kids laughing at me. A co-worker was critical of my proposal.	Tell myself - criticisms like this come from insecurity. Tell myself - the same thing, when someone criticizes me it's likely they aren't happy with themselves in some way.		I can work on getting more comfortable with myself. Work on my self-acceptance. Investigate to see if their criticisms were warranted. Perhaps I can improve my work. I can use it to better myself professionally.
When someone is not considerate. Rather than holding the elevator door for the man in the wheelchair, I rushed in. My group of friends didn't invite me to the weekend getaway.	Tell myself - nobody is perfect. I commend myself for recognizing it after-the-fact and I can do it differently next time. Tell myself - there may be a reason I don't know about. I'm going to give them space rather than hold a grudge.		Tell the story to my best friend just so I can vent the emotion. I know she won't judge me. After I'm calm, I can ask one of my friends about it and let them know that I'd really like to be included next time.