

Anger Decision Worksheet Instructions

Hello there! Welcome to the Anger Decision Worksheet, a tool based on Cognitive Behavioral Therapy (CBT) that helps you pause, understand your anger, and choose how to respond.

What is this worksheet for?

Anger can signal that something matters to you: fairness, respect, safety, or an unmet need. This worksheet helps you explore two possible responses—letting go and acting assertively—so you can make a thoughtful choice rather than react automatically. You can acknowledge your anger without letting it decide your next move.

How do I use it?

Follow these steps to complete the Anger Decision Worksheet. Use one row for each situation:

1. **Pause before deciding :** If your anger feels intense, take a break and allow yourself time to settle before completing the sheet. Notice your breathing and any physical tension. You do not need to feel completely calm, but give yourself enough space to think clearly.
2. **Identify your trigger :** In the Trigger column, describe a specific event and what upset you about it. Include the thought that came up, such as “They don’t respect me.” Separate observable facts from interpretations. Ask yourself: “What do I know, what am I assuming, and what else might explain this?”
3. **Explore letting go :** In the Letting Go column, write a balanced thought or practical way to stop dwelling on the event. For example: “I don’t know why I wasn’t invited. I can feel disappointed without assuming they intended to hurt me.” Letting go means choosing where to place your attention; it does not mean approving harmful behavior or denying your feelings.
4. **Explore acting assertively :** In the Acting Assertively column, describe a specific, constructive action you can take. This might be asking a question, making a request, setting a boundary, or addressing a problem. Express your needs clearly while respecting others. For example: “I felt left out when I heard about the trip. I’d like to be included next time.”
5. **Choose your response :** Fill in both response columns when possible, then circle or underline the option you intend to try. Ask: “What can I influence? What outcome matters to me? What are the likely consequences?” The Or column separates the options; you do not need to write there. Sometimes both fit: let go of assumptions while calmly addressing the issue.
6. **Try it and reflect :** Put your chosen response into practice when it is safe to do so. Later, review what happened, how you felt, and what you would adjust. You can make notes beside the row or on a separate page. Success means responding thoughtfully; it does not require the other person to agree or change.

Key benefits of using this worksheet

By practicing with the Anger Decision Worksheet, you can:

- Gain clarity : Recognize your triggers and the thoughts that intensify anger.
- Build flexibility : Consider more than one response before deciding what to do.
- Strengthen boundaries : Express your needs and concerns with greater clarity.
- Reduce rumination : Practice stepping away from repetitive, unhelpful thinking.
- Improve communication : Respond to disagreements with more intention and respect.

Remember, the goal is not to eliminate anger or force yourself to let everything go. It is to understand what your anger is telling you and choose a response that supports your needs and values. If speaking up could put you at risk, prioritize safety and seek support rather than confronting the person.

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