

Calming Anger Effectively

WORKSHEET

We all learn how to calm ourselves when we are growing up. Some calming techniques are healthier than others. For example, punching a hole in the wall when you are angry is not the best technique. It helps to take a look at the things you do currently to calm yourself, and consider other ways that may be more effective.

List some ways you calm yourself when you feel:

Angry:

Sad:

Scared:

Lonely:

Ashamed:

Unloved:

Anxious:

Disappointed:

Using the list of calming skills below, circle any that might help you manage the feelings listed above. These are things you can do to distract yourself while you calm down.

Writing/Art: Journaling, writing poetry, writing music, drawing, coloring, painting, working with clay/play doh/putty, beading, jewelry-making, sewing, crafts, knitting, needlepoint, doodling, mandalas, cooking

Movement: Dance, walking, running, riding a bike, yoga, tai chi, boxing, kick-boxing, sports, other martial arts, swimming, water aerobics, take the dog outside/to the park/for a walk, hiking, walk the nature trail or explore the woods

Relaxation: Deep breathing, progressive muscle relaxation, mindfulness or other meditation, reading, drink some relaxing tea, aromatherapy – lavender for calming

Talking: Venting about my feelings in a group, talking to a friend, talking to a counselor, calling a hotline, speaking out on behalf of others

Music: Listening to music, singing, playing music, writing music, compiling playlists

Other ideas:

Make a list of the calming skills you circled. Collect things that you need to implement these new ideas (crayons, marker, mindfulness CD, etc.). Put the list and supplies in a special location so you can access them when you need to calm yourself.