

THE
ANGER
MANAGEMENT
WORKBOOK



DEL HICKSON

THE ANGER MANAGEMENT WORKBOOK: APPLYING THE 9-STEP PROGRAM TO YOUR DAILY LIFE DEL HICKSON

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A NOTE FROM THE AUTHOR:

Thank you for purchasing my book, "Anger Management: a 9-step program for taming your temper and transforming your life." I'm also pleased that you've downloaded the workbook that will help you apply the principles of anger management to your daily life. It's filled with insightful questions and helpful checklists. Of course, to get the most out of the exercises in the workbook, you will need to read the appropriate chapter of the book. If you've not had a chance to purchase it, please do so now on AMAZON.COM.

STEP ONE: RECOGNIZE THAT UNCONTROLLED ANGER IS HARMFUL TO YOURSELF AND OTHERS

"IF YOU ARE PATIENT IN ONE MOMENT OF ANGER, YOU WILL
ESCAPE A HUNDRED DAYS OF SORROW."

—Chinese Proverb

During the many years that I struggled with chronic anger, I often rationalized my behavior and ignored the negative consequences of my outbursts. Deep down, I knew that chronic anger was stressing me out and decreasing my happiness. I also realized that my bad temper was hurting my relationships with others.

I have since learned that it is common for people who struggle with anger to rationalize and excuse their behavior. That is why the first step in overcoming explosive anger is to recognize the many ways it has negatively affected your life and harmed your relationships.

MY COMMITMENT TO MYSELF

Anger management is a skill that I'm committed to mastering. During the next nine weeks, I will learn the steps to managing my anger. I know it will take time and practice, and I'm ready and willing to invest energy into the process. My desire is to live a more peaceful and happier life. I want to be closer to my loved ones and a role model for others.

I realize that life is sometimes a journey of three steps forward and two steps back. I know that i will have occasional relapses. I commit to learning from my mistakes and continuing to practice the skills and behaviors that will enable me to successfully manage my anger.

SIGNATURE

DATE

1. WHAT ARE SOME OF THE NEGATIVE CONSEQUENCES OF EXPRESSING UNCONTROLLED ANGER? HOW HAS YOUR UNCONTROLLED ANGER NEGATIVELY AFFECTED YOUR FRIENDS, FAMILY, CO-WORKERS OR CLASSMATES? LIST THEIR NAMES BELOW AND HOW THEY'VE BEEN IMPACTED BY YOUR ANGER:

A. FRIENDS (PAST AND PRESENT):

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B. FAMILY:

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C. ROMANTIC RELATIONSHIPS (PAST AND PRESENT):

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D. CO-WORKERS:

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E. NEIGHBORS:

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2. HOW HAS CHRONIC ANGER HINDERED YOUR SUCCESS AND DAMAGED YOUR CAREER?

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3. IN WHAT WAYS HAS IT NEGATIVELY AFFECTED YOUR HEALTH?

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4. WHAT ARE SOME OF THE REASONS WHY YOU WANT TO LEARN TO CONTROL YOUR ANGER?

CHECK ALL THAT APPLY:

- SOMEONE WHOM I RESPECT CONVINCED ME THAT I NEEDED TO GET CONTROL OF MY ANGER.
- MY ANGER CAUSED ME SOME SERIOUS PROBLEMS, AND I REALIZE THAT I NEED TO MAKE A CHANGE
- I WANT TO BE A BETTER PARENT AND A GOOD ROLE MODEL TO MY CHILDREN.
- I WANT TO ADVANCE IN MY CAREER.
- I NO LONGER WISH TO EMBARRASS MYSELF WITH MY OUTBURSTS.
- I WANT TO IMPROVE MY RELATIONSHIP WITH MY SPOUSE AND/OR OTHER FAMILY MEMBERS.
- MY OUTBURSTS HAVE ENDED FRIENDSHIPS AND I DON'T WANT THIS TO HAPPEN AGAIN.
- OTHER _____.

5. AFTER COMPLETING THE ABOVE EXERCISE, HOW WOULD YOU RATE YOUR COMMITMENT TO CHANGE? CHECK THE APPROPRIATE BOX:

- NOT AT ALL COMMITTED. I'VE ALWAYS HAD AN ANGER PROBLEM, AND I DON'T THINK I CAN EVER CHANGE.
- SOMEWHAT COMMITTED. I'M VERY BUSY RIGHT NOW, BUT I PLAN TO WORK ON THIS IN THE FUTURE.
- MODERATELY COMMITTED. I'M SEARCHING FOR SOLUTIONS, BUT I DON'T WANT TO START UNTIL I'M CERTAIN I'VE FOUND THE BEST PROGRAM FOR ME.
- VERY COMMITTED. I'VE FOUND A PROGRAM AND I'M READY TO INVEST THE TIME AND ENERGY TO MAKE CHANGES IN MY LIFE.
- I'M EXTREMELY COMMITTED. IF I DON'T CHANGE NOW, I REALIZE THAT I COULD LOSE SOMEONE WHOM I LOVE VERY MUCH.

STEP TWO: REDUCE CHRONIC ANGER BY PRACTICING SELF-COMPASSION

"If you're too critical with yourself, it's harder to control your anger, because you naturally treat others the way you treat yourself. In contrast, when you grow in self-compassion, you also become more compassionate towards others."

—Del Hickson

In step one, you took time to consider how uncontrolled anger has affected your life, family and friends. You now have a better realization of everything that your anger problem has cost you in terms of harming your health, happiness, and relationships.

While this would seem to naturally motivate you to change, there is a danger that could derail your progress, even before you start. That danger is allowing guilt and self-criticism to make you so discouraged that you give up trying to manage your anger.

Fortunately, you have a powerful tool available that will help keep you on track. That tool is self-compassion and if you use it regularly, you will discover that it is truly life-changing. While learning to be more self-compassionate might seem unnecessary, it is actually the missing key that will enable you to succeed with your anger management program in the long term.

1. HOW DO YOU USUALLY TREAT YOURSELF WHEN YOU LOSE YOUR TEMPER? ARE YOU SELF-COMPASSIONATE, OR DO YOU TEND TO FALL ON THE SELF-CRITICAL END OF THE SPECTRUM?

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2. WHAT WOULD A WISE AND KIND FRIEND SAY TO YOU IF YOU WERE CONDEMNING YOURSELF FOR HAVING AN ANGRY OUTBURST?

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6. IN THE SPACE BELOW, WRITE AN ENCOURAGING NOTE TO YOURSELF.

A large rectangular area filled with a grid of small dots, intended for writing an encouraging note to oneself.

STEP THREE: LEARN TO RECOGNIZE YOUR ANGER TRIGGERS AND EARLY WARNING SIGNALS

1. LIST YOUR ANGER TRIGGERS. WHAT CIRCUMSTANCES AND PEOPLE MAKE YOU PRONE TO ANGRY OUTBURSTS? CHECK ALL THAT APPLY.

- WHEN I BELIEVE I'M BEING TREATED UNFAIRLY
- WHEN I'M EXPERIENCING PHYSICAL PAIN OR ILLNESS
- HAVING TO WAIT IN LINE FOR TOO LONG
- WHEN I'M UNDER STRESS OR RUNNING LATE
- WHEN I'M FEELING TIRED OR HUNGRY
- SOMEONE TEASING ME
- WHEN I FEEL EMBARRASSED, ASHAMED OR INADEQUATE
- WHEN I REALIZE THAT I'M GOING TO FAIL AT SOMETHING
- HEARING LOUD OR UNPLEASANT NOISES
- WHEN I'M BEING IGNORED
- WHEN I KEEP GETTING INTERRUPTED
- SOMEONE BUMPING INTO ME OR TOUCHING ME
- WHEN SOMEONE CRITICIZES ME
- SOMEONE ACTING UNREASONABLE
- BEING EXCLUDED FROM A GROUP
- HAVING TO DEAL WITH LAZY, SLOW OR INCOMPETENT PEOPLE
- SOMEONE BULLYING ME
- SOMEONE TELLING ME WHAT TO DO

- SOMEONE DISAGREEING WITH ME
- SOMEONE STANDING TOO CLOSE TO ME
- SOMEONE TRYING TO TAKE WHAT I HAVE
- WHEN I'M PUBLICLY CRITICIZED
- OTHER: _____

2. IN YOUR FIRST MOMENTS OF ANGER, WHAT PHYSICAL SIGNS OF TENSION OCCUR IN YOUR BODY? CHECK ALL THAT APPLY:

- CLENCHING YOUR JAW
- HEART RACES
- TENSION IN YOUR NECK OR SHOULDERS
- YOUR BROW FURROWS
- PACING BACK AND FORTH
- SWEATY PALMS
- SHORTNESS OF BREATH
- NERVOUS OR TENSE
- HANDS SHAKE OR TREMBLE
- TIGHTENING OR QUEASY FEELING IN YOUR STOMACH
- TAPPING YOUR FINGERS OR CLENCHING YOUR FISTS
- TALKING LOUDER OR FASTER
- TALKING IN A HIGHER PITCHED VOICE
- INTERRUPTING PEOPLE
- YELLING OR USING PROFANITY
- OTHER: _____

3. IN YOUR FIRST MOMENTS OF ANGER, WHAT THOUGHTS OR PHRASES OFTEN COME RUSHING INTO YOUR MIND? CHECK ALL THAT APPLY:

- “THIS IS IMPOSSIBLE. I CAN’T STAND IT.”
- “THIS IS SO UNFAIR.”
- “YOU SELFISH LITTLE PARASITE!”
- “YOU EMBARRASSED ME ON PURPOSE!”
- “NO ONE CARES ABOUT ME.”
- “HOW COULD YOU HURT ME AFTER ALL I HAVE DONE FOR YOU?”
- “THIS IS THE FINAL STRAW! I’VE HAD IT WITH YOU!”
- “HOW DARE YOU TREAT ME THAT WAY!”
- “WHO DO YOU THINK I AM? I’M NOT YOUR SLAVE!”
- “YOU’RE NOT THE BOSS OF ME.”
- “YOU ONLY CARE ABOUT YOURSELF.”
- “YOU’RE A LAZY SLOB!”
- “THEY’RE ALL OUT TO GET ME.”
- “YOU’RE ALWAYS PUTTING ME DOWN.”
- “YOU’RE DOING THIS ON PURPOSE TO MAKE ME ANGRY!”
- “I’VE REACHED MY LIMIT. I WON’T TAKE THIS CRAP FROM ANYONE!”
- “STOP TALKING OR I’M GOING TO EXPLODE.”
- OTHER: _____

EXAMINING MY ANGER TRIGGERS

Date: ___/___/___

TRIGGERS	THOUGHTS AND FEELINGS	BEHAVIOR	OUTCOME	NEXT TIME
PERSON OR SITUATION THAT SPARKED MY ANGER	WHAT WAS I THINKING? WHAT WAS I FEELING?	WHAT DID I SAY AND DO THEN?	DID MY RESPONSE HELP OR HURT THE SITUATION?	WHAT COULD I DO DIFFERENTLY?

STEP FOUR: PREVENT ANGRY OUTBURSTS WITH THE POWER OF COUNTERMEASURES

1. THINK OF AN UPCOMING SITUATION WHERE YOU'RE LIKELY TO GET ANGRY. BRIEFLY DESCRIBE THE SITUATION AND THE COUNTERMEASURE YOU WILL USE:

A. SITUATION AND/OR PERSON WITH WHOM YOU'RE LIKELY TO GET ANGRY:

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B. WHAT IS IT ABOUT THE SITUATION THAT MAKES IT DIFFICULT TO CONTROL YOUR TEMPER?

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C. COUNTERMEASURE YOU WILL USE TO CALM DOWN:

- RESPOND INSTEAD OF REACT
- DEEP BREATHING
- TAKE A TIME-OUT
- IF-THEN PLANNING
- GO TO GRATITUDE
- OTHER: _____

2. THINK OF THREE ANGER TRIGGERS YOU STRUGGLE WITH THE MOST.

A. DESCRIBE ANGER TRIGGER ONE. WHY IS IT SO UPSETTING?

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B. DESCRIBE ANGER TRIGGER TWO. WHY IS IT SO UPSETTING?

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C. DESCRIBE ANGER TRIGGER THREE. WHY IS IT SO UPSETTING?

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3. CREATE AN IF-THEN PLAN FOR EACH OF THE ABOVE MENTIONED ANGER TRIGGERS. AS A REMINDER, THE “IF” IS THE BEHAVIOR THAT ANGERS YOU. FOR EXAMPLE, IF SOMEONE CUTS IN FRONT OF ME ON THE FREEWAY...” THE “THEN” IS HOW YOU WILL RESPOND ONCE THE “IF” PORTION HAPPENS. IT MIGHT INVOLVE DOING SOMETHING SPECIFIC THAT YOU WOULDN’T NORMALLY DO. IT MIGHT BE THINKING ABOUT THE SITUATION IN A DIFFERENT WAY. FOR EXAMPLE, THEN I WILL FOCUS ON BREATHING DEEPLY AND DISTRACT MYSELF BY SEARCHING FOR A GOOD SONG ON THE RADIO.

A. MY IF-THEN PLAN FOR ANGER TRIGGER #1:

IF (SITUATION OCCURS) _____

THEN I WILL _____

B. MY IF-THEN PLAN FOR ANGER TRIGGER #2:

IF (SITUATION OCCURS) _____

THEN I WILL _____

C. MY IF-THEN PLAN FOR ANGER TRIGGER #3:

IF (SITUATION OCCURS) _____

THEN I WILL _____

STEP FIVE: EXAMINE YOUR INITIAL ANGER-INDUCING THOUGHTS

"Most misunderstandings in the world could be avoided if people would simply take the time to ask, 'what else could this mean?'"

—Shannon Alder

SOCRATIC QUESTIONING

In step five, we examined seven of the most common ways of thinking that inflame your anger. The common denominator of all seven is inaccurate thinking. The greater your skill at examining, identifying, and replacing inaccurate thoughts, the better you'll be at managing your anger. One of the best ways to do this is Socratic Questioning. It is a way to examine the accuracy of your thoughts by asking yourself some (or, if necessary, all) of the following questions:

A. ARE MY EXPECTATIONS REASONABLE? AM I EXPECTING OTHER PEOPLE TO PERFECTLY FOLLOW MY RIGID RULES OF HOW THEY SHOULD CONDUCT THEMSELVES?

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B. DID I CONSIDER ALL OF THE EVIDENCE BEFORE FORMING MY CONCLUSION? COULD I BE IGNORING IMPORTANT DETAILS?

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C. AM I JUMPING TO CONCLUSIONS ABOUT WHAT THE PERSON IS THINKING OR THEIR MOTIVES?

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D. WHAT IS THE EVIDENCE FOR AND AGAINST MY THINKING?

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E. IS THE THOUGHT TRUE, PARTIALLY TRUE, OR FALSE?

F. AM I ALLOWING MY EMOTIONS TO CLOUD MY JUDGMENT?

G. IS MY THOUGHT BASED ON FEELINGS AND EMOTIONAL INTERPRETATIONS OR CONCRETE FACTUAL EVIDENCE?

H. IF A NEWS REPORTER WAS SITTING NEARBY, OBJECTIVELY OBSERVING THE SCENE, WHAT WOULD THEY CONCLUDE?

1. THE NEXT TIME YOU FIND YOURSELF BECOMING ANGRY WITH SOMEONE, PAUSE AND ASK YOURSELF SOME OF THE SOCRATIC QUESTIONS. DID REAPPRAISING THE SITUATION HELP REDUCE YOUR ANGER?

2. WHICH SOCRATIC QUESTIONS WILL YOU USE ON A REGULAR BASIS?

3. WHEN YOU START TO GET IRRITATED WITH SOMEONE, TRY TO THINK OF TWO OR THREE ALTERNATIVE REASONS FOR THEIR ANNOYING BEHAVIOR. DID THIS EXERCISE HELP YOU STAY IN CONTROL OF YOUR EMOTIONS?

4. OVER THE NEXT SEVEN DAYS, KEEP TRACK OF YOUR THOUGHTS WHENEVER YOU GET ANGRY.

A. HOW OFTEN DID YOU ENGAGE IN ALL-OR-NOTHING THINKING?

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B. HOW OFTEN DID YOU MAKE "SHOULD" OR "MUST" STATEMENTS?

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C. HOW OFTEN DID YOU ENGAGE IN NEGATIVITY BIAS?

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D. HOW OFTEN DID YOU ENGAGE IN MIND-READING?

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E. HOW OFTEN DID YOU ENGAGE IN CATASTROPHIZING?

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F. HOW OFTEN DID UNRESOLVED HURTS FROM YOUR PAST CAUSE YOU TO OVERREACT?

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G. HOW OFTEN DID LOW SELF-ESTEEM CAUSE YOU TO OVERREACT?

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STEP SIX: REPLACE YOUR ANGER-INDUCING THOUGHTS WITH MORE ACCURATE AND REASONABLE INTERPRETATIONS

“When you encounter an upsetting event, ask yourself, “will this matter in five years? Will it even matter in five days?” This will help you realize that it’s just a small speed bump on the long road of life.”

–Del Hickson

Angry outbursts are fueled by incorrect assumptions and inaccurate interpretations. “That jerk is driving slow on purpose, just to make me angry!” Unfortunately, our initial interpretations are often inaccurate. That’s why it is so helpful to pause and re-examine our initial thoughts to make sure our assumptions are correct. Whenever we do this, we are engaging in cognitive reappraisal.

Cognitive reappraisal involves finding an alternate interpretation of a situation so that it is less upsetting. It’s a powerful tool for gaining emotional control, because changing the way you think about something lessens its emotional impact. In the example of the slow driver, you might notice that he is frantically glancing around and is probably lost. You realize that there isn’t any evidence that he’s driving slow, just to make you angry.

Cognitive reappraisal doesn’t mean that you try to convince yourself that something bad is actually good. However, it does involve searching for other possible interpretations of the event or reason for someone’s behavior. For example, if your spouse is acting impatient and irritable, realizing that she is very tired helps you not take her behavior personally. Cognitive reappraisal helps you adopt a more balanced and accurate view of what happened, so it feels less upsetting.

Cognitive reappraisal is a skill that becomes easier with practice. When you regularly use cognitive reappraisal, a lot of good things will begin happening in your life. Your relationships will improve and you will experience more positive interactions. Of course, you will still have distressing emotions, but you will have a powerful tool you can use to reduce their intensity.

STEP SEVEN: LEARN HOW TO EXPRESS YOUR ANGER IN A HEALTHY WAY

"Assertive communication respects the other person's rights and opinions while also respecting and honoring your own rights and opinions. It avoids the damaging extremes of passivity or aggression."

-Del Hickson

1. WHEN YOU WERE GROWING UP, WHAT COMMUNICATION STYLES DID YOUR PARENTS USE? (CHECK ALL THAT APPLY)

- PASSIVE COMMUNICATION
- PASSIVE-AGGRESSIVE COMMUNICATION
- AGGRESSIVE COMMUNICATION
- ASSERTIVE COMMUNICATION

2. WHICH OF THE FOLLOWING COMMUNICATION STYLES DO YOU HAVE A TENDENCY TO USE THE MOST? (CHECK ALL THAT APPLY)

- PASSIVE COMMUNICATION
- PASSIVE-AGGRESSIVE COMMUNICATION
- AGGRESSIVE COMMUNICATION
- ASSERTIVE COMMUNICATION

3. DURING THE NEXT WEEK, KEEP TRACK OF YOUR INTERACTIONS WITH OTHERS.

A. HOW OFTEN DID YOU USE PASSIVE COMMUNICATION? WHAT WAS THE OUTCOME?

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B. HOW OFTEN DID YOU USE PASSIVE-AGGRESSIVE COMMUNICATION? HOW DID IT MAKE THE SITUATION WORSE?

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C. HOW OFTEN DID YOU USE AGGRESSIVE COMMUNICATION? HOW DID IT MAKE THE SITUATION WORSE?

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D. HOW OFTEN DID YOU USE ASSERTIVE COMMUNICATION? WHAT WAS THE OUTCOME?

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4. IN THE NEXT SEVERAL DAYS, WHICH OF THE FOLLOWING ASSERTIVE COMMUNICATION TECHNIQUES WILL YOU TRY?

- PROACTIVE COMMUNICATION
- "HELP ME TO UNDERSTAND" STATEMENTS
- "I FEEL" STATEMENTS
- "IN THE FUTURE" AGREEMENTS

5. WHICH COMMUNICATION TECHNIQUES WORKED BEST FOR YOU? WHICH TECHNIQUES WILL YOU USE ON A REGULAR BASIS?

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STEP EIGHT: DECREASE ANGER BY NURTURING YOUR SPIRITUAL LIFE

"A person's wisdom has made him slow to anger, and it is his glory to overlook an offense."

—Proverbs 19:11

Nurturing your faith provides a multitude of benefits, not the least of which is helping you manage your anger. This has been verified by researchers. In fact, dozens of scientific studies have shown that prayer and other spiritual practices can help a person reduce their anger and control their temper. A study reported in the research journal *social psychology quarterly* found that prayer gives you a safe way to vent your frustrations and decrease your anger.

A study conducted by researchers at Ohio State University also found that prayer was very helpful for reducing anger. In the study, participants were given negative and unfair feedback. Not surprisingly, they responded with feelings of anger. Immediately afterwards, some of the participants were asked to spend five minutes praying for someone in need. Other participants were told to simply think about someone in need.

Those who prayed reported much lower levels of anger. The researchers found that prayer can be a powerful way to control anger and aggression. Prayer reduced anger, even if the person did not attend church or pray on a regular basis.

1. IN WHAT WAYS CAN YOU INCORPORATE SPIRITUAL PRACTICES INTO YOUR ANGER MANAGEMENT PROGRAM? (CHECK ALL THAT APPLY)

- PRAY FOR WISDOM AND PATIENCE
- MEDITATE ON BIBLE VERSES ABOUT MANAGING ANGER
- WHEN THE SITUATION IS OUT OF MY CONTROL, I WILL LET GO AND LET GOD
- INSTEAD OF BURYING MY ANGER, I WILL SPEAK THE TRUTH IN LOVE
- FORGIVE THOSE WHO DISAPPOINT OR ANGER ME

ASK FOR SPIRITUAL SUPPORT FROM LIKE MINDED FRIENDS

OTHER: _____

2. HOW COULD YOU REGULARLY NURTURE YOUR FAITH SO THAT YOU CAN AVOID GETTING SPIRITUALLY DRAINED?

PRAYING (EITHER ALONE OR WITH A SPOUSE OR FRIEND)

ATTENDING CHURCH

SPEND TIME IN NATURE

PERFORM RANDOM ACTS OF KINDNESS

READING THE BIBLE OR OTHER CHRISTIAN LITERATURE

PRACTICING GRATITUDE ON A DAILY BASIS

SPENDING TIME WITH FRIENDS WHO NURTURE MY FAITH

MEDITATING ON FAVORITE BIBLE PASSAGES

DONATE A PORTION OF MY TIME AND MONEY TO WORTHY CAUSES

OTHER: _____

STEP NINE: PREVENT RELAPSES AND QUICKLY BOUNCE-BACK WHEN THEY OCCUR

“You may have a fresh start any moment you choose, for the thing we call failure is not the falling down, but the staying down.”

—Mary Pickford

The ninth step in managing anger is learning how to prevent relapses and to quickly bounce-back when they occur. A relapse simply means that you fell back into previous anger habits, such as screaming, throwing things, pushing and hitting, or in some way acting overly aggressive with someone. This behavior could occur for a few moments or go on for several days.

Relapses are usually caused by a number of different issues. Perhaps you allowed yourself to get so busy that you neglected to take care of yourself. You could have experienced prolonged stress, fatigue, hunger, or several disappointments that made you feel miserable.

A relapse isn't an instantaneous process. It's a series of unhelpful thoughts and behaviors combined with accumulated stress. When you add a string of irritating interactions into the mix, you have the makings for an explosive outburst. Fortunately, if you notice your downward cycle in its early stage, you can interrupt the process and prevent the relapse from happening entirely.

BOUNCING BACK AFTER A RELAPSE

Although the five minute daily review is a helpful tool, it will not prevent all relapses. In fact, everyone will have relapses at some point. It's not a matter of "if", but "when." After all, we are imperfect people on a lifelong journey of growth. This is why knowing how to bounce-back is an important part of your anger management program.

A relapse doesn't mean your anger management program was ineffective. It only shows you're human, just like the other seven and one half billion people on the planet. A relapse lets you know that you need to step back and reflect on what's not working and how you can do it differently next time.

POWER QUESTIONS:

1. IF YOU HAVE NOT ALREADY DONE SO, DOWNLOAD AND PRINT THE ANGER MANAGEMENT JOURNAL, WHICH FEATURES THE FIVE MINUTE DAILY REVIEW. IT'S AVAILABLE FOR FREE AT WWW.THELIFECOACH.COM/ANGERBOOK. DURING THE NEXT WEEK, TRY TO WRITE IN YOUR JOURNAL EVERY EVENING. WAS THE FIVE MINUTE DAILY REVIEW HELPFUL FOR YOU? WHAT DID YOU LEARN ABOUT YOURSELF THAT WILL HELP YOU MANAGE YOUR ANGER?

2. AS ROBERT COLLIER OBSERVED OVER EIGHTY YEARS AGO, "SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT." AS YOU REFLECT ON THIS PRINCIPLE, ARE YOU WILLING TO COMMIT TO WRITING IN YOUR JOURNAL ON A REGULAR BASIS? IF YOUR ANSWER IS NO, WHY NOT?

3. IF YOU RECENTLY HAD AN ANGRY OUTBURST, WHAT CIRCUMSTANCES CONTRIBUTED TO YOUR LOSS OF CONTROL? WERE YOU HUNGRY, DEALING WITH ACCUMULATED STRESS, LONELY OR TIRED (H.A.L.T.)?

4. DID YOUR ANGER BUILD UP OVER TIME, UNTIL YOU FINALLY EXPLODED? IF SO, DID YOU FALL INTO THE HABIT OF PASSIVE COMMUNICATION WITH THAT PERSON?

**5. IN THE DAYS BEFORE YOUR ANGER RELAPSE, WERE YOU THINKING OR BEHAVING IN UNHEALTHY WAYS?
CHECK ALL THAT APPLY:**

PSYCHOLOGICAL SYMPTOMS:

- PESSIMISTIC THINKING
- SADNESS OR DEPRESSION
- IMPATIENCE WITH OTHERS
- MENTAL CONFUSION OR FEELING OVERWHELMED
- ANXIETY AND/OR EXCESSIVE WORRY
- NERVOUSNESS OR AGITATION
- DIFFICULTY CONCENTRATING OR MAKING DECISIONS
- LOSS OF SENSE OF HUMOR
- ESCAPISM SUCH AS EXCESS TELEVISION WATCHING
- INCREASED OR RESUMED USE OF ALCOHOL
- OVEREATING OR BINGE EATING, ESPECIALLY COMFORT FOODS
- ISOLATION FROM FRIENDS AND FAMILY

**6. IN THE DAYS OR HOURS BEFORE YOUR RELAPSE, HOW WERE YOU FEELING PHYSICALLY?
CHECK ALL THAT APPLY:**

PHYSICAL SYMPTOMS:

- PAIN OR TENSION IN THE BACK, NECK OR SHOULDERS
- PAIN IN THE TEETH OR JAW DUE TO CLENCHING OR TEETH GRINDING
- RAPID PULSE, HEART PALPITATIONS, HIGH BLOOD PRESSURE
- INSOMNIA

AFTERWORD:

CONTINUING YOUR ANGER MANAGEMENT JOURNEY

Congratulations! You've made it through all nine steps. Throughout this Journey, you've probably had some frustrating days when you were tempted to give up, but you didn't! You've stayed with your anger management program and acquired insights and tools you can use for the rest of your life.

I want to remind you that it is not what we do on an occasional basis that transforms our lives. Growth and life change occurs when we do something consistently. I encourage you to regularly review the nine steps until the principles are second nature to you. It is also extremely helpful to complete the five minute daily review each evening. If you've not already done so, you can download the journal at WWW.THELIFECOACH.COM/ANGERBOOK.

As you continue developing your anger management skills, it's important to remember that you're not just helping yourself. Because of the skills you've learned and the healthy changes you've made, you're now a powerful role model for others. As albert Schweitzer said, *"example is not the main thing in influencing others - it is the only thing."*

ABOUT THE AUTHOR:

Del Hickson is a life coach, author and founder of the popular self-development website, THELIFECOACH.COM. Helping and encouraging others has always been a big part of Del's life. For 19 years, he served as a pastor in California and Connecticut. During that time, he enjoyed volunteering as a chaplain in hospitals and skilled nursing facilities.

Del lives with his family in northern California, where he enjoys hiking, bike riding and taking walks with Darcy, his labradoodle.
