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WORKSHEET: MANAGING FRUSTRATION AND ANGER

Anger and frustration are both common emotional responses that everyone faces. However, if these feelings become too intense, they can lead to both mental and physical distress, and cause problems in relationships. This worksheet can help you identify the emotions and thoughts behind your anger and frustration, and help you determine what you need to feel better.

Describe the event and identify specific things someone said or did that brought on your anger or frustration.

List out any emotions that were underlying your feelings of frustration or anger. *For a list of emotions, see the Word Bank: What's Underneath tool.*

What parts of the description above are focused on facts, actions, or behaviors (and not a judgment or opinion)? Write it down.

Take some time to think about what needs to happen for you to feel better (less angry). Focus on what you can do and what you need someone else to do.

What about this situation are you NOT able to change?

What do you need to hear to feel better?

The next time you feel angry or frustrated, walk yourself through these same steps to help you process your feelings. Ask yourself these questions:

What happened? → What do I feel? → What do I need?