

MY ANGER MANAGEMENT PLAN

Here is a situation where I might get angry:

If I begin to get angry during this situation, **I will do** the following:

Make this list of options excessive. Have as many options as possible, and work with your individual counselor, other staff members, unit supervisor, or peers, to provide multiple alternatives. Alternatives will allow you to have options that work if something isn't available (e.g. talking to a positive peer if school is in session).

I SHOULDN'T do the following:

After I have calmed myself, I can speak to the following people about my anger:

WHO	WHY