

Anger Management Toolkit

Self-evaluation



This worksheet is designed to assist you in developing your personal skills to better manage your current situation.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

This worksheet can also be used as a self-assessment of your general knowledge and experience of managing your own anger. The exercises can be completed by yourself and/or with the help of your counsellor.

Many of the areas mentioned on the following pages will be covered in the Anger Management Program. However, some areas may be covered in more detail than others. If you are uncertain about any area, please speak to your counsellor for clarification.

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Activity

Table 1: Frequency, intensity and improvement of your angry thoughts and behaviours

Tick a box that best represents how often you are presently experiencing different thoughts and actions. Also, in the final column note whether your angry thoughts and behaviours have increased, reduced or stayed the same since beginning the Anger Management Program.

No.		Never	Once a month	Once a fortnight	Once a week	Once a day	More often than once a day	Has this reduced, increased or stayed the same?
1	Felt undervalued	☐	☐	☐	☐	☐	☐	
2	Felt unfairly treated	☐	☐	☐	☐	☐	☐	
3	Felt insulted	☐	☐	☐	☐	☐	☐	
4	Felt frustrated	☐	☐	☐	☐	☐	☐	
5	Felt angry	☐	☐	☐	☐	☐	☐	
6	Felt rage	☐	☐	☐	☐	☐	☐	
7	Had thoughts of vengeance	☐	☐	☐	☐	☐	☐	
8	Had thoughts of hurting someone	☐	☐	☐	☐	☐	☐	
9	Criticised someone	☐	☐	☐	☐	☐	☐	
10	Been sarcastic towards someone	☐	☐	☐	☐	☐	☐	
11	Yelled at someone	☐	☐	☐	☐	☐	☐	
12	Slammed a door	☐	☐	☐	☐	☐	☐	
13	Hit or kicked something (not a person)	☐	☐	☐	☐	☐	☐	
14	Threw an object at someone	☐	☐	☐	☐	☐	☐	
15	Hit someone	☐	☐	☐	☐	☐	☐	

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Table 2: Awareness of anger

Rate your level of awareness in the following areas on a scale of 1 to 10 where 1 is low and 10 is high. Also, in the final column note whether your awareness in different areas has increased, reduced or stayed the same since beginning the Anger Management Program.

	Now	Has this reduced, increased or stayed the same since the program began?
Awareness of signals in your body, your emotions, your thoughts and actions		
Awareness of your unhelpful ways of arguing		
Awareness of other emotions other than anger		
Awareness of your payoffs for not changing		

Table 3: Anger Management Techniques

Rate your use of anger management techniques in the following areas on a scale of 1 to 10 where 1 is low and 10 is high. Rate this in terms of how often you use the techniques and how well you think you used the techniques. Also, in the final column note whether your use of these techniques has generally increased, reduced or stayed the same since beginning the Anger Management Program.

	Now		Has this reduced, increased or stayed the same?
	How often	How well	
Momentary delay			
Negotiated time out			
Positive self-talk			
Calming techniques including relaxation exercises and enjoyable activities			
Expressing your anger positively (e.g writing, drawing, physical activity)			
Planning ahead to manage difficult situations			

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Table 4: Communication techniques

Rate your use of communication techniques in the following areas on a scale of 1 to 10 where 1 is low and 10 is high. Rate this in terms of how often you use the techniques and how well you think you used the techniques. Also, in the final column note whether your use of these techniques has generally increased, reduced or stayed the same since beginning the Anger Management Program.

	Now		Has this reduced, increased or stayed the same?
	How often	How well	
"I" statements			
Problem solving			

Reflection

After completing the Anger Management Program:

What did you learn about you and your anger?

What successes have you had?

Has anybody else noticed or commented on your change?

What other services would you consider using if you wanted to work further on your anger?

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78