

MY PERSONAL ANGER MANAGEMENT PLAN



A simple tool to help pause, regain control, and respond in healthier ways.

STEP 1: EARLY WARNING SIGNS

Anger often shows up in the body before actions change. Recognizing these signs helps interrupt escalation.

Physical signs: Tight jaw Racing heart Shallow breathing Muscle tension Headache

Other: _____

Thoughts I notice: 'This isn't fair' 'No one listens to me' 'I'm done' Other: __

STEP 2: COMMON TRIGGERS

Situations that often trigger my anger: Feeling disrespected Conflict Stress

Lack of sleep Financial pressure Substance use Other: _____

STEP 3: PRESS PAUSE TOOLS

Tools I will use when anger rises: Deep breathing Step away Cold water

Walk outside Grounding Stretch

STEP 4: MY PAUSE PHRASE

A phrase I will use to slow the moment:

STEP 5: HEALTHY EXPRESSION

Ways I can release or express my anger safely: Writing Talking with a support person

Exercise "I feel" statements Mindfulness Problem-solving

STEP 6: SUPPORT PEOPLE

People I can contact when I'm about to lose it:

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____

STEP 7: EXTRA HELP

If my anger feels unsafe, I will reach out.

988 Suicide & Crisis Lifeline (Call or Text)

911 for immediate danger.

NCMMHC 24/7 Crisis Line: 1-888-279-8188

MY COMMITMENT:

One small change I commit to practicing:

Signature: _____

Date: _____



**Livingston County
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