

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:

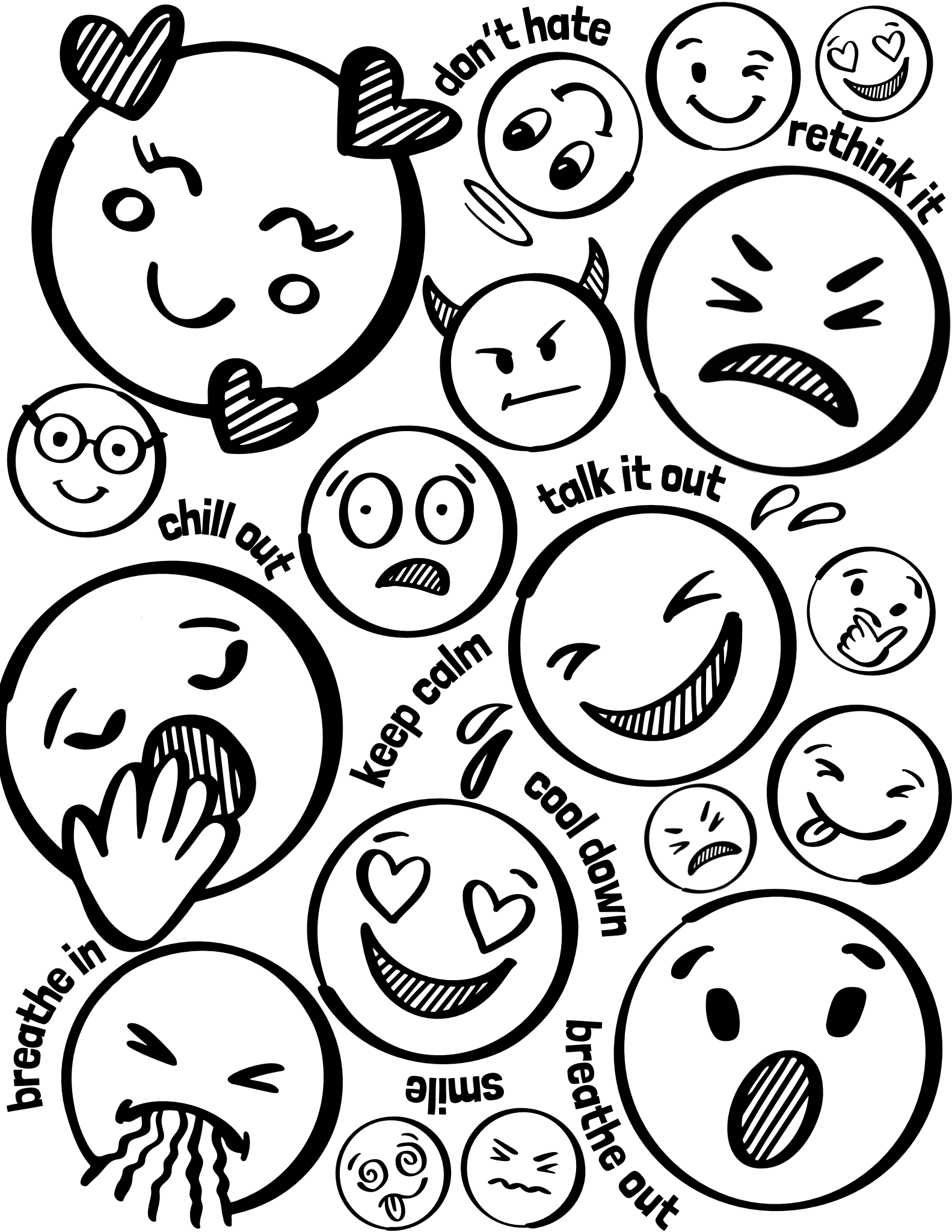
One small change I commit to practicing:

Signature: _____

Date: _____



**Livingston County
Health Center**
YOUR LOCAL LINK TO PUBLIC HEALTH



don't hate

rethink it

talk it out

keep calm

cool down

smile

breathe out

breathe in

chill out