

Anger Workbook

Our workbook contains all of our most helpful therapist-approved worksheets for anger management.

Nervous System Regulation

Identifying Anger Triggers

Exploring Your Emotions

Plus More Helpful Worksheets

Anger Workbook

Anger is a normal emotion that everyone feels, and it's not a bad thing on its own. However, when anger isn't handled in a healthy way, it can affect your mood, thoughts, and relationships. The good news is that with the right tools and practice, you can learn to manage anger in a positive way. This workbook includes worksheets to help you understand your anger, find ways to cope with it and feel more confident in dealing with difficult situations.

Here is a brief introduction to each worksheet included in this workbook:

1. Nervous System Regulation

This worksheet helps you understand how anger shows up in your body and guides you in practicing techniques to calm your nervous system and reduce the intensity of anger. Regulating your nervous system can help you acknowledge anger without it taking over, and improve your emotional responses in challenging situations.

2. Identifying Your Triggers

This worksheet helps you pinpoint the specific situations, behaviors, or thoughts that ignite your anger. By recognizing these triggers, you can anticipate and prepare for challenging moments, giving yourself the tools to respond in a calmer, more controlled way. Understanding your triggers is a key step toward breaking reactive patterns and managing anger more effectively.

3. Exploring Your Emotions

This worksheet helps you dig deeper into the emotions underlying your anger. By identifying feelings such as hurt, fear, or frustration, you can better understand what drives your anger and find healthier ways to process and express those emotions.

4. Cognitive Restructuring

This worksheet guides you in challenging the negative thoughts that fuel your anger and replacing them with more balanced, realistic ones. By changing how you think, you can reduce the impact of anger and improve your overall mindset.

5. Setting Boundaries

This worksheet focuses on helping you set clear, healthy boundaries in your relationships and daily interactions. By defining your limits and communicating them effectively, you can reduce anger caused by feeling overwhelmed or taken advantage of, while fostering more respectful connections with others.

6. STOP Before Responding

This worksheet introduces the DBT STOP skill, which helps you pause and regain control when anger begins to take over. By following the steps—Stop, Take a step back, Observe, and Proceed mindfully—you can interrupt impulsive reactions and respond to situations with greater thoughtfulness and intention.

7. Practicing Gratitude

This worksheet encourages you to shift your focus toward the positive aspects of your life, even during moments of frustration. Practicing gratitude can help you reframe situations, lower stress, and improve your mood, making it easier to manage anger and cultivate a more balanced perspective.



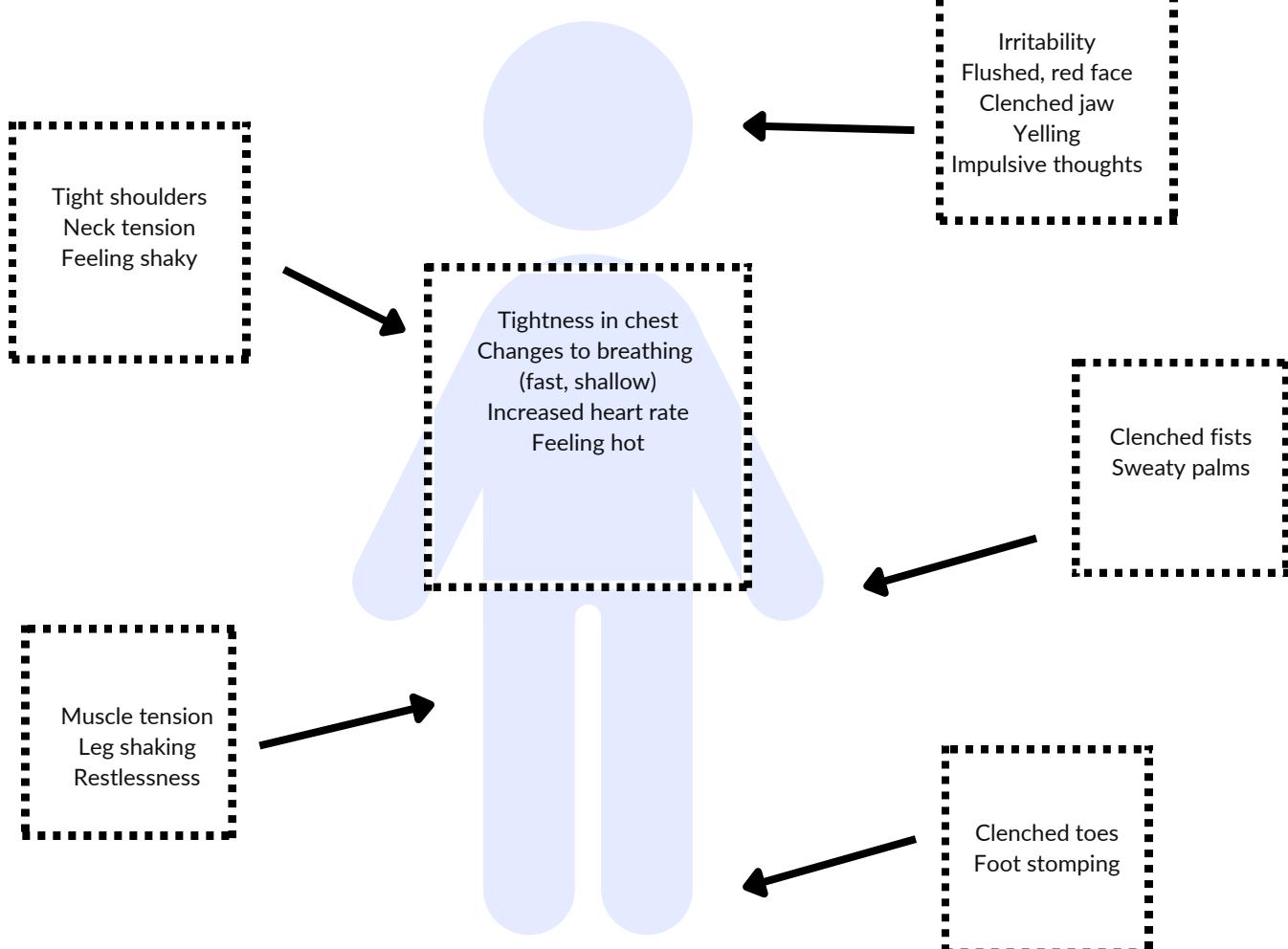
Nervous System Regulation for Anger

Nervous system dysregulation occurs when your body becomes overwhelmed by stress or negative emotions. In the case of anger, this can result in getting stuck in the “fight” response. This can cause physical sensations like a racing heart, tense muscles, clenched fists or jaw, a red face, feeling hot, or shaking. On the other hand, dysregulation due to anger can also manifest as shutting down, closing off, or feeling numb. These signs show that your nervous system isn’t balancing well between states of alertness and rest.

Regulating your nervous system means finding ways to help your body feel calm, safe, and grounded, even when something makes you angry. There are techniques that can help you shift out of states of fight or shutdown and move toward a feeling more stable and centered. By learning to regulate your nervous system, you can improve your ability to cope with life's challenges, experience more emotional balance, and feel more connected to yourself and others.

This worksheet will guide you in recognizing how anger shows up as a physical sensation. Understanding these sensations is the first step in managing anger more effectively. You'll learn to tune into your body's signals and practice techniques to help calm or soothe these responses, giving you tools to handle stress and emotional challenges in a healthier way.

Here's an example of how anger might be experienced in the body:

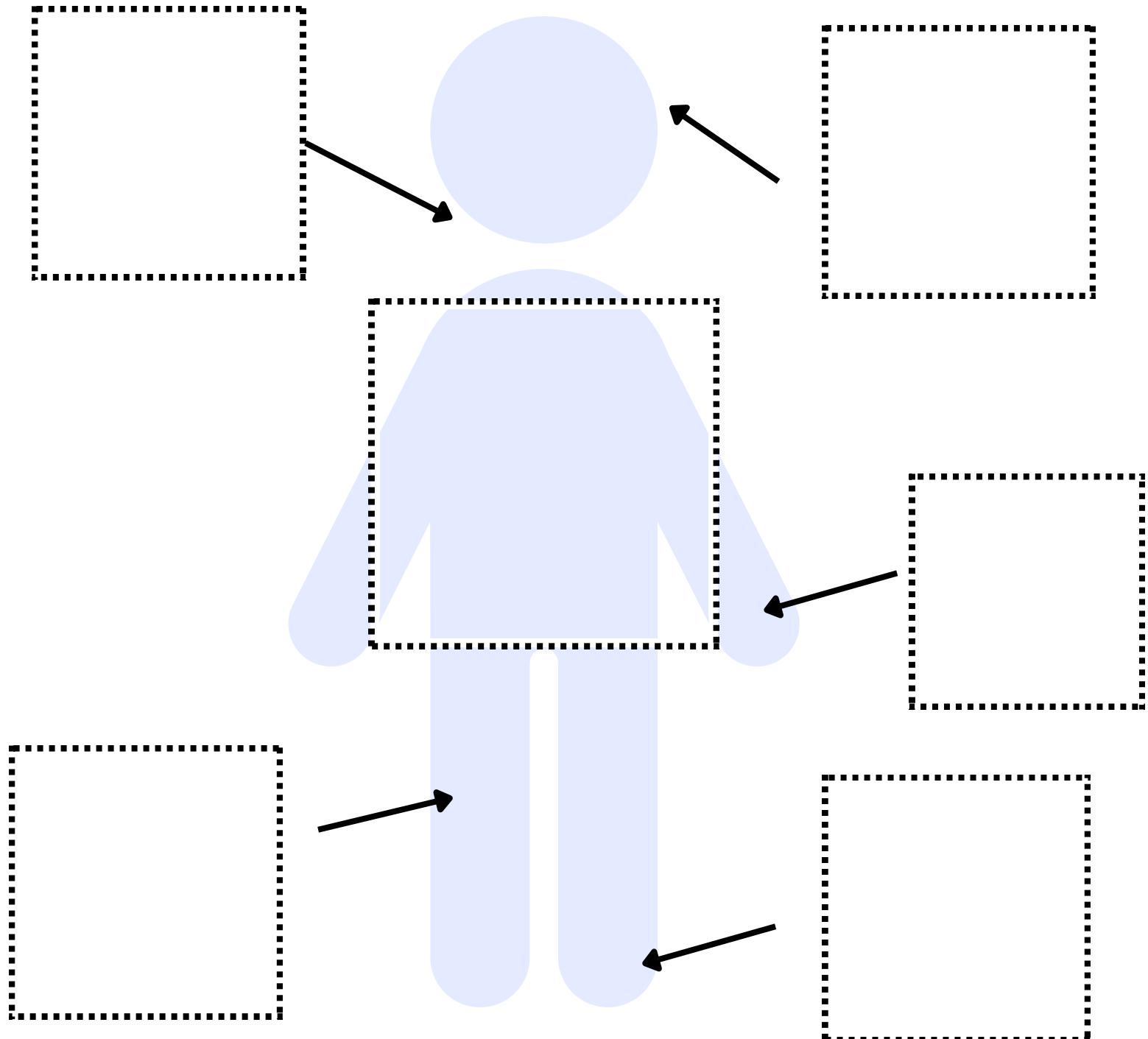


Scan or [click here](#) to learn more about exercises that can help you regulate and relax.

Nervous System Regulation for Anger

PART 1: Scan Your Body for Sensations

Starting with your feet and working your way up, notice any physical sensations. These can be positive, neutral, or uncomfortable. There is no wrong answer. Just notice what you notice and write it down. Here's an example of how emotions might be experienced in the body.



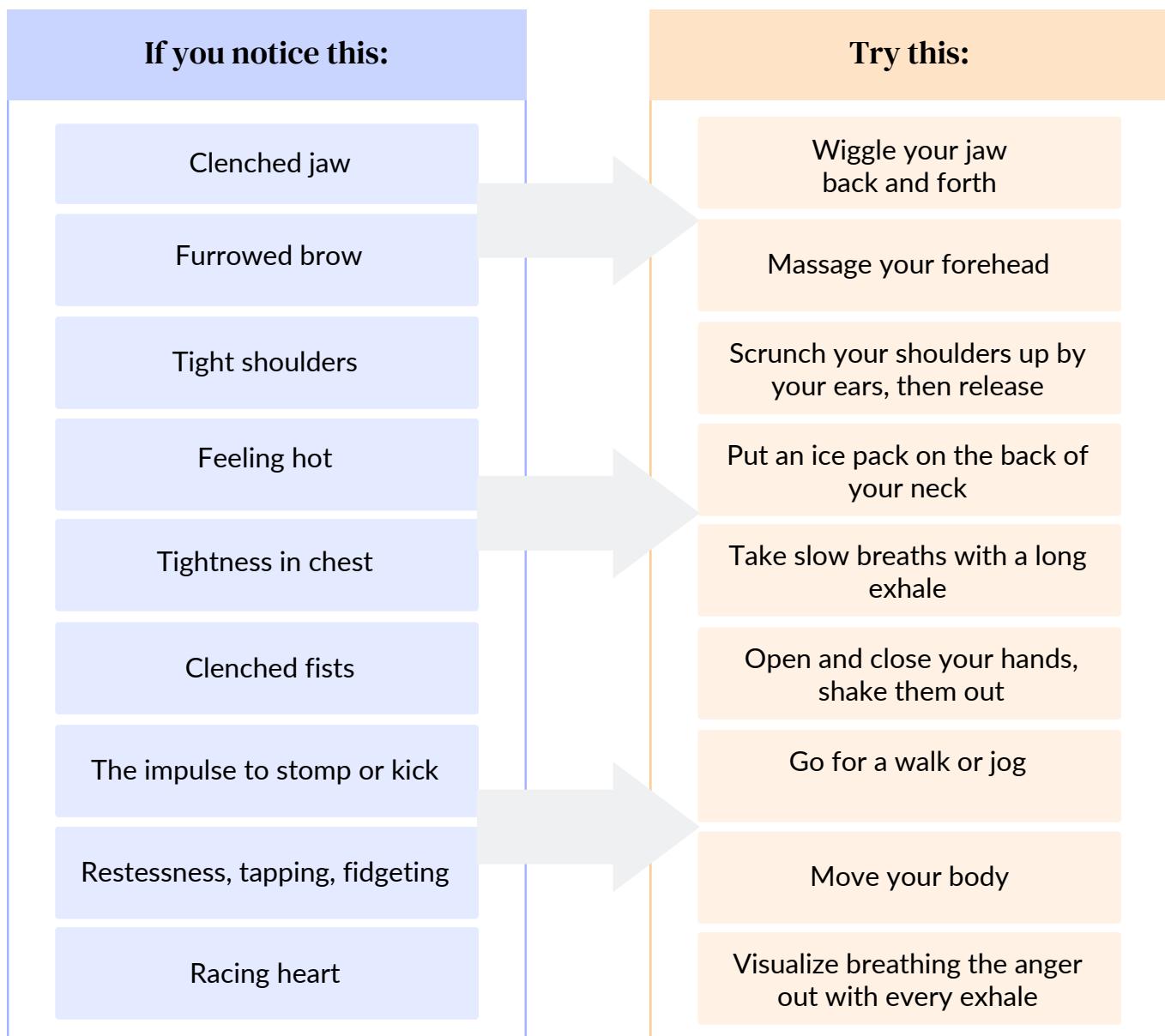
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Nervous System Regulation for Anger

One way to regulate your nervous system is by addressing the physical sensations that come up when you are feeling strong emotions. This could include changing your temperature, relaxing a muscle, or doing something that feels soothing.

PART 2: Regulating the Nervous System

Now, what to do about it? When you're feeling a difficult emotion, first notice what it feels like in your body then try one of these techniques. Notice how you feel afterward.



Scan or [click here](#) to learn more about exercises that can help you regulate and relax.

Nervous System Regulation for Anger

Daily self-care for the nervous system is important for being able to cope with anger and other difficult emotions. This means engaging in activities that help you feel centered, grounded, present and calm on a daily basis, BEFORE anger kicks in. Stress, illness and even the pressures of everyday life can dysregulate the nervous system, and these activities can help you move through your emotions in a healthy way.

PART 3: Daily Nervous System Self-Care

Nurture your nervous system! Use this worksheet to help you rate how often you do these practices, then add this list to your daily self-care routine.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.

★ I want to do this more frequently.

1 2 3



Nervous System Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Practice breathing including taking slow breaths with a long exhale
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Move your body, stretch or go for a walk
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 5 minutes of mindfulness meditation, simply noticing your senses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tense and relax each muscle group in your body starting with the toes and working up
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take a break from screens and any over-stimulating media
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Listen to soothing music or sounds
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take a warm bath or shower
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do aromatherapy with essential oils or a favorite candle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spend time outdoors in nature
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink a cup of comforting tea or another soothing ritual before bed



Scan or [click here](#) to learn more about exercises that can help you regulate and relax.

Nervous System Regulation for Anger

Journaling can be a powerful tool for building new habits that support nervous system regulation. It allows you to explore which techniques or coping tools are most effective, so you can refine your routine.

PART 4: Daily Reflection

Reflect on how you feel each day as you practice these techniques. Track the techniques you are using, how effective they were, and any patterns of changes you have noticed. Create extra copies of this page for each day of the week.

Which techniques did you use today?

Which technique was the most effective?

Which techniques were not effective and need to be adjusted?

**Rate your nervous system
regulation today (1-10)**



Scan or [click here](#) to learn more about
exercises that can help you regulate and relax.

Identifying Your Anger Triggers

Understanding what triggers your anger is a crucial step toward managing it effectively. A trigger is any situation, event, or thought that initiates feelings of anger. These triggers can be external, such as specific places or social situations, or internal, such as particular thoughts or memories.

Identifying your anger triggers involves paying close attention to the situations that make you feel angry, as well as the physical symptoms, thoughts, and emotions that accompany these situations. **By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your life and relationships.** This worksheet will guide you through the process of identifying and analyzing your anger triggers and help you develop strategies to cope with them.

PART 1: Identify Triggers

List a situation where you commonly feel angry and describe the associated physical symptoms, thoughts, and emotions.

Situation Description	Location	People Involved
<i>Being Interrupted</i>	<i>The kitchen at home</i>	<i>Your spouse and children</i>

Before

1 What were you feeling physically?

Heart racing, clenched jaw, clenched fists, flushed face, shaking

2 What were you thinking about?

- "No one in this house respects me"
- "They never listen to me"
- "I'm not going to let them get away with this"

3 How did you feel emotionally?

Angry, frustrated, irritated

After

1 What were you feeling physically?

Heart rate slowly returning to normal, drained, fatigued

2 What thoughts did you have?

- "I'm a bad person"
- "I shouldn't have yelled"
- "I can't deal with this anymore"

3 How did you feel emotionally?

Embarrassed about yelling at my family, frustrated about the situation



Scan or [click here](#) to learn more about controlling your anger.

Identifying Your Anger Triggers

Situation Description	Location	People Involved
-----------------------	----------	-----------------

Before

1 What were you feeling physically?

2 What were you thinking about?

3 How did you feel emotionally?

After

1 What were you feeling physically?

2 What thoughts did you have?

3 How did you feel emotionally?

Situation Description	Location	People Involved
-----------------------	----------	-----------------

Before

1 What were you feeling physically?

2 What were you thinking about?

3 How did you feel emotionally?

After

1 What were you feeling physically?

2 What thoughts did you have?

3 How did you feel emotionally?



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Identifying Your Anger Triggers

PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations or thoughts that trigger your anger. Recognizing these patterns will help you anticipate when anger might arise and prepare yourself to manage it more effectively.

Are there common themes, people or situations that often trigger anger?

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.....
.....
.....

Are there any early warning signs or cues that help you recognize when you're being triggered?

.....
.....
.....
.....

What does your inner dialogue sound like when you feel triggered?

.....
.....
.....
.....

How do your anger triggers affect your behavior or decision-making?

.....
.....
.....
.....



Scan or [click here](#) to learn more
about controlling your anger.

Identifying Your Anger Triggers

What changes or adjustments could you make in your daily routine to reduce common anger triggers?

How can you reframe or challenge negative thoughts associated with your anger triggers?

PART 3: Develop Coping Strategies

Learn coping strategies that can help you manage anger in challenging situations.

To learn more about coping skills you can use, scan the QR code below.

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Ask yourself if your anger is based on facts or assumptions. Look for evidence that supports or contradicts these thoughts, and consider more balanced, realistic perspectives.
- Remind yourself that it's ok to be angry! It's not ok to lash out and say things that hurt others.
- Keep a journal to document your angry thoughts. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter angry thoughts and affirm your ability to handle challenges.
- Create a list of positive qualities of the people who anger you the most. Review this list whenever anger arises to remind yourself that everyone has strengths and challenges- no one is all bad.



Scan or [click here](#) to learn more about controlling your anger.

Exploring Your Emotions for Anger Management

Anger is often a secondary emotion that arises when you feel vulnerable. Emotions like hurt, fear, sadness, or shame can leave you feeling exposed or powerless, and anger can emerge as a defense against these uncomfortable feelings. It can provide a sense of control or strength in situations where you might otherwise feel overwhelmed or insecure. While anger may serve as a temporary barrier, making it easier to cope in the moment, it can also prevent you from fully understanding and addressing the deeper emotions beneath the surface.

By recognizing and labeling these underlying emotions, you can become more aware of your emotional state and develop coping strategies that target the root cause rather than just the anger itself. This might involve practicing self-soothing techniques, communicating more openly with your loved ones, or challenging unhelpful thoughts. Over time, these strategies can help you build emotional resilience and reduce the intensity and frequency of angry outbursts.

Anger is often just the tip of the iceberg.



Exploring Your Emotions for Anger Management

This worksheet is designed to help you uncover the emotions beneath your anger and express them in healthier, more effective ways. By identifying and labeling these underlying feelings, you can gain deeper insight into your emotional state. Regularly using this worksheet will help you track patterns in your emotions and build healthier coping skills over time.

PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Vulnerable	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic



Exploring Your Emotions for Anger Management

PART 2: Track Your Emotions

Use the table to track your emotions throughout the week. Write down all the emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			



Exploring Your Emotions for Anger Management

PART 3: Explore What Is Beneath the Surface

Examine a recent situation where you got angry and explore what was occurring above and beneath the surface.

What Happened? Describe the situation in detail.

Describe how you expressed your anger in the situation. What did you do or say?

Consider what deeper emotions might be hiding beneath your anger.



Exploring Your Emotions for Anger Management

Step 4: Develop Healthier Responses

Based on the deeper emotions, consider alternative ways to respond that address those feelings without resorting to anger. What could you do differently next time?

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Ask yourself if your anger is based on facts or assumptions. Look for evidence that supports or contradicts these thoughts, and consider more balanced, realistic perspectives.
- Remind yourself that it's ok to be angry! It's not ok to lash out and say things that hurt others.
- Keep a journal to document thoughts that feed your anger. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter angry thoughts and affirm your ability to handle challenges.
- Create a list of positive qualities of the people who anger you the most. Review this list whenever anger arises to remind yourself that everyone has strengths and challenges- no one is all bad.

Emotion:

Coping Strategies:

Emotion:

Coping Strategies:



Exploring Your Emotions for Anger Management

Emotion:

Coping Strategies:

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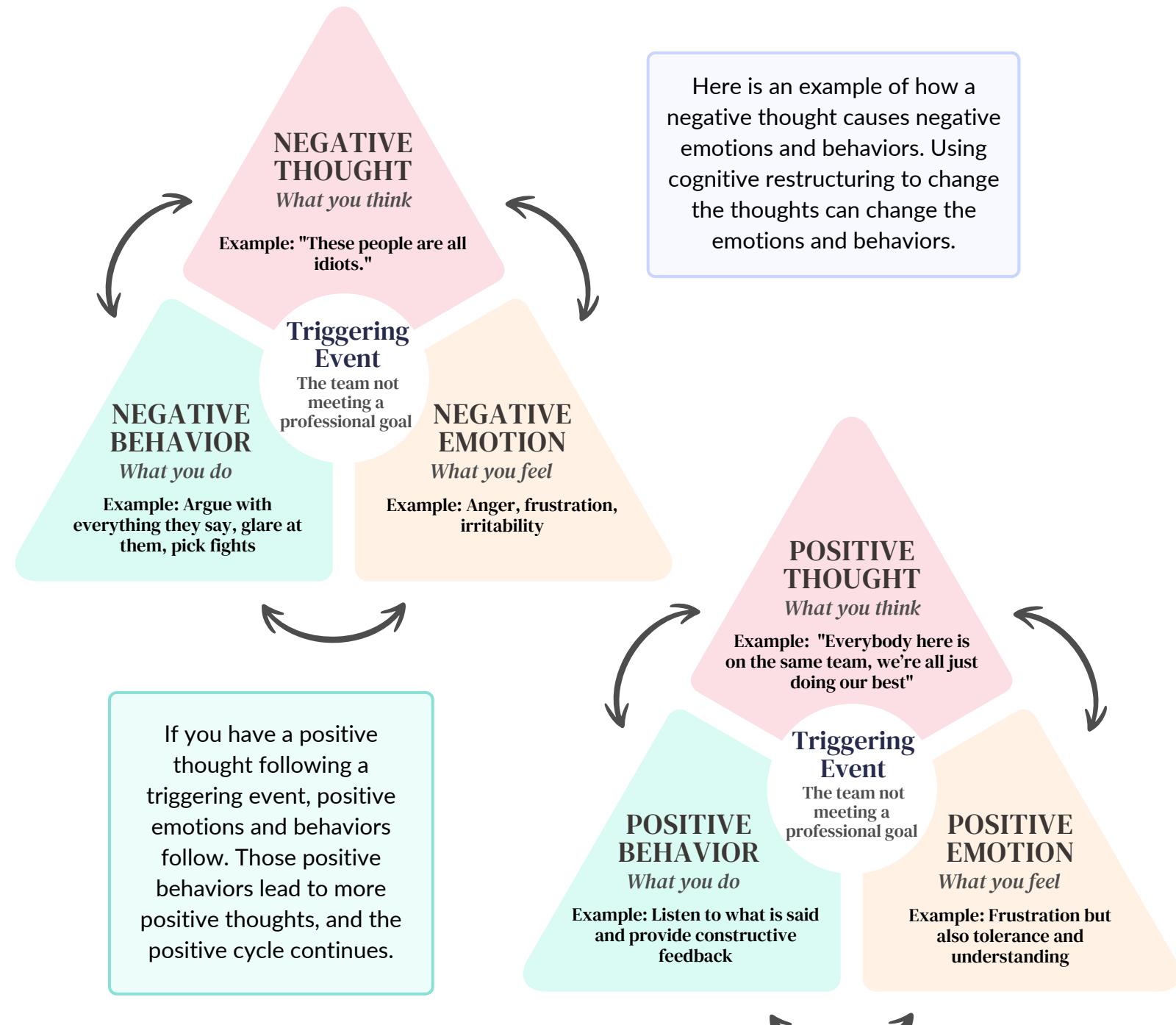
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Cognitive Restructuring for Anger

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone struggling with anger, cognitive restructuring can help challenge and change the critical and irrational thoughts that contribute to anger growing out of control.**



Cognitive Restructuring for Anger

THOUGHT

What you think in a situation
Ex: I hate everyone

EMOTION

How you feel
Ex: I feel furious

BEHAVIOR

How you act in the situation
Ex: I lash out verbally at others

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

By practicing cognitive restructuring, you can begin to deal with anger in a more healthy way by identifying and challenging the unhealthy thought patterns contributing to it. Whenever you notice negative thoughts that fuel your anger, use the questions below to help reframe them.

Thoughts

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?

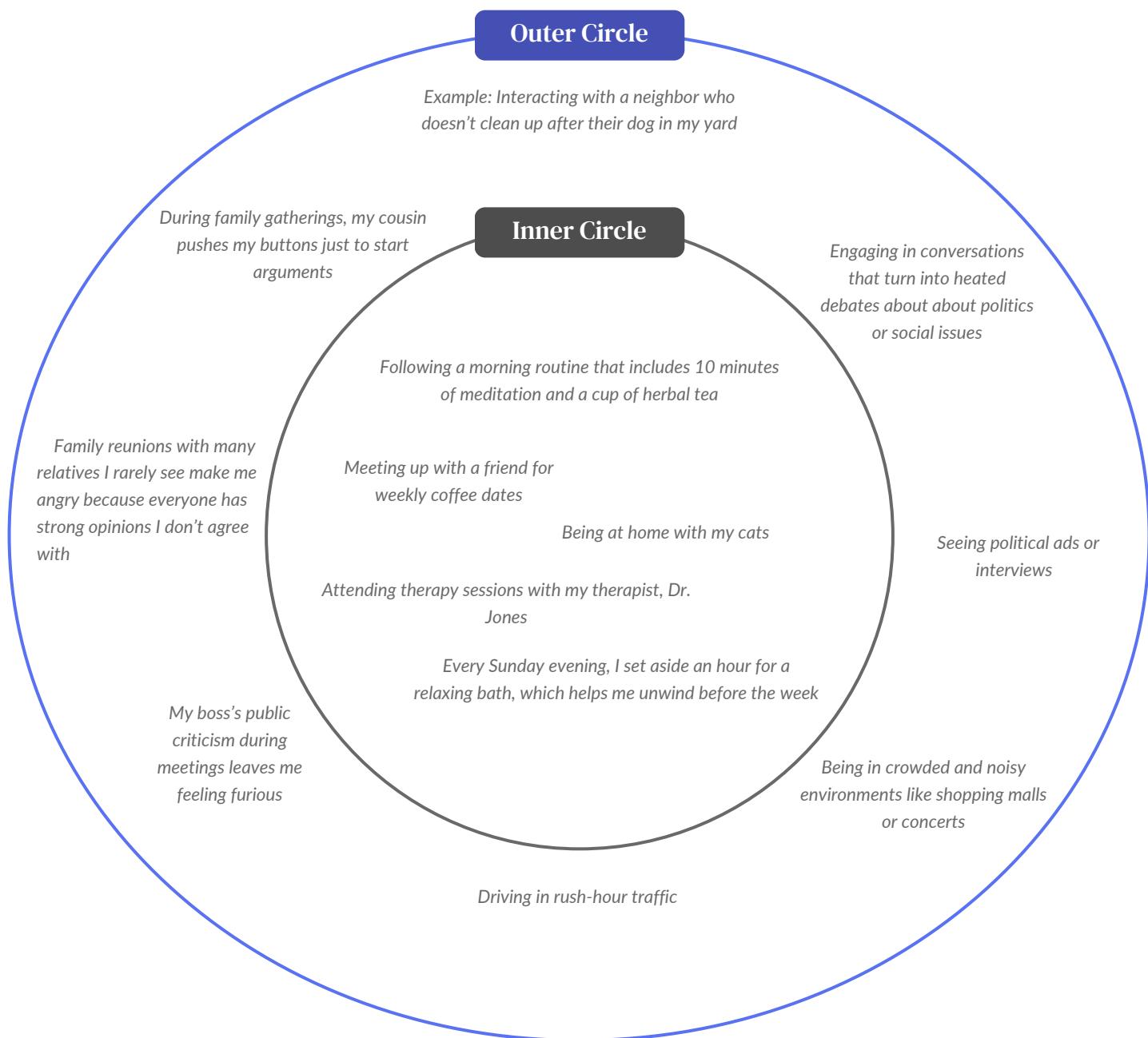


Setting Boundaries for Anger

Setting boundaries is a powerful way to manage anger by creating clear limits that protect your emotional well-being. When you establish and communicate your boundaries, you can prevent situations that trigger frustration or resentment. **This worksheet is designed to guide you in identifying your needs, setting healthy limits, and maintaining them in your daily life.** By practicing boundary-setting, you can create healthier relationships, reduce anger triggers, and feel more in control of your emotions.

PART 1: Visualize Your Boundaries

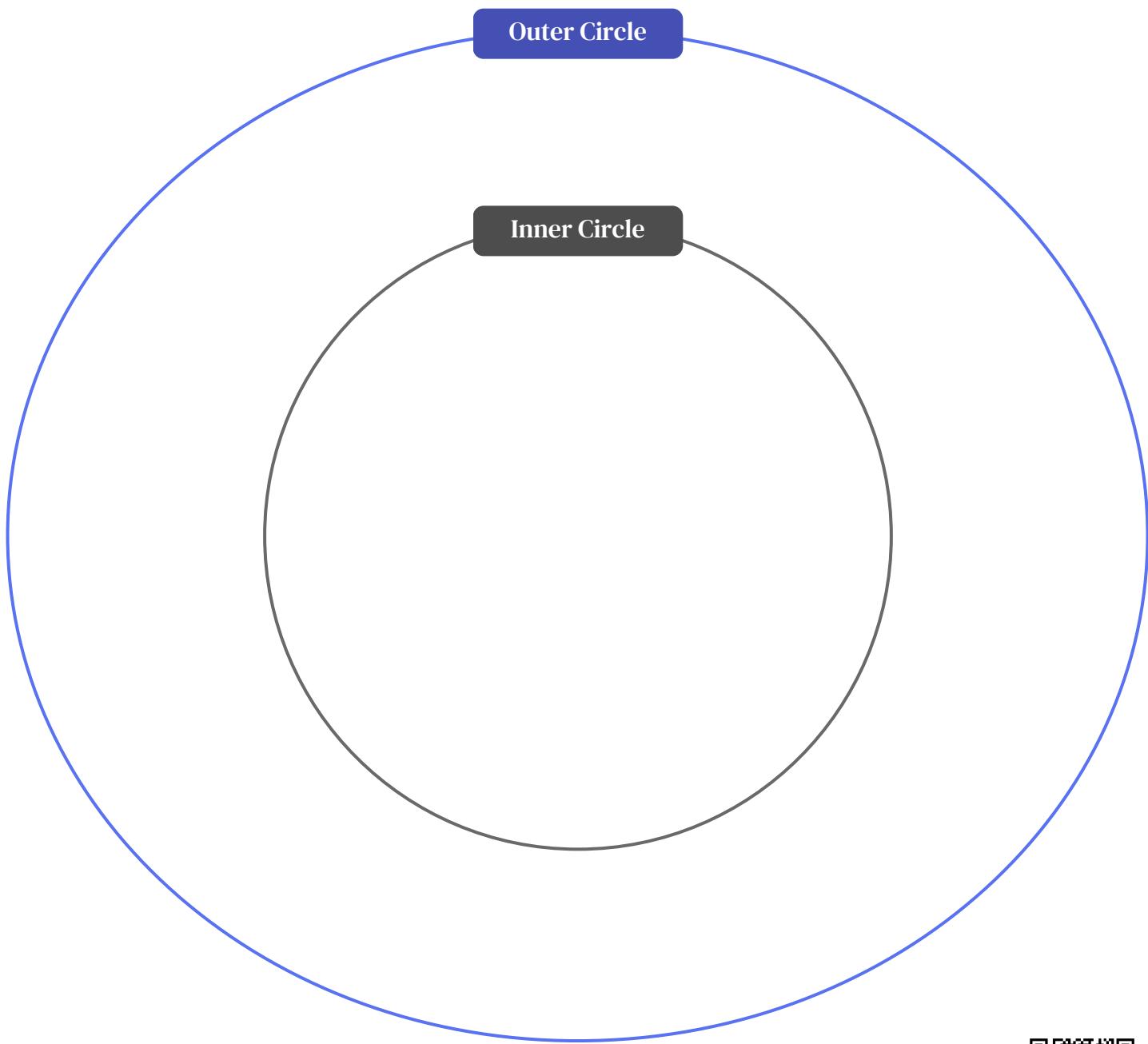
Inside the circle, write everything that makes you feel relaxed and calm. On the outside of the circle, write down anything or anyone that makes you feel stressed, irritable, or angry. These are people or situations that are pushing your boundaries and need further attention.



Setting Boundaries for Anger

When filling out your inner and outer circle, here are some questions to consider:

- What people, places, or activities make you feel calm, supported, or at ease?
- What routines or self-care practices help you feel grounded and secure?
- Are there specific situations where you feel most in control of your emotions?
- What situations or behaviors from others tend to trigger your anger?
- Are there people who regularly push your boundaries or dismiss your feelings?
- What environments or activities leave you feeling tense or on edge?
- Are there specific patterns or recurring issues in your relationships that fuel frustration?



Setting Boundaries for Anger

PART 2: How to Communicate Your Boundaries (Example Page)

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please give me some physical space"
- "I am not comfortable with being touched right now."
- "I need to step away for a moment."
- "I prefer to keep a bit of distance, thank you."
- "I would appreciate it if you didn't stand so close."

Emotional Boundaries

- "I feel overwhelmed and need to take a break from this conversation."
- "I'm not comfortable discussing this right now."
- "I appreciate your concern, but I need some time to process my feelings alone."
- "Please respect my feelings on this matter."

Interpersonal Boundaries

- "I feel uncomfortable with this behavior and need it to stop."
- "I need you to respect my decision."
- "I am not okay with how you spoke to me."
- "Please do not involve me in this situation."
- "I need clarity and honesty in our communication."



Setting Boundaries for Anger

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively. (Example page.)

Situation:

Example: My neighbor frequently lets their dog use my lawn as their bathroom without cleaning it up. I am so tired at stepping in dog poop I could scream!

Boundary I will set:

I will have a conversation with my neighbor to ask her to please keep her dog off of my lawn, or at the very least clean up after it.

Any potential challenges:

My neighbor might become defensive. She might deny responsibility or make excuses. She may ignore my request or treat me in a negative manner. It might create awkwardness or tension.

How I will handle these challenges:

During our conversation, I will stay calm and explain that keeping my yard clean is important to me and this is nothing personal against her. I will have a follow-up conversation if needed. If she ignores my request, I will contact local authorities to find out how to best proceed.



Setting Boundaries for Anger

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:

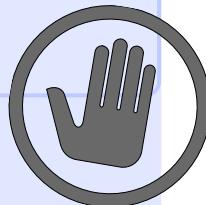


STOP Skill for Anger

The STOP skill is a distress tolerance technique from Dialectical Behavior Therapy (DBT) that helps you manage anger and the impulsive behaviors that can follow it. Use this worksheet to guide you through the STOP steps when you feel anger coming on.

S - Stop

When you notice that you are feeling angry or about to react impulsively, just STOP. Pause immediately.



Questions to Ask:

- What situation triggered my intense emotions?
- How do I feel right now?
- What impulsive reaction am I trying to prevent?

T - Take a Step Back

Physically and mentally take a step back from the situation. This could mean leaving the room, taking a deep breath, or simply pausing your actions and thoughts.



Questions to Ask:

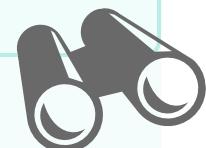
- How can I create a brief moment of distance from my current situation?
- What helps me feel more grounded?

Actions to Try:

- Take a few deep breaths.
- Count to 10 slowly.
- Excuse yourself from the situation momentarily.

O - Observe

Observe what is happening inside and around you without judgment. Pay attention to your thoughts, feelings, and physical sensations, as well as what others are doing and saying.



Questions to Ask:

- What am I feeling emotionally?
- What physical sensations am I noticing?
- What thoughts are going through my mind?
- What is happening around me?

Things to Observe:

- Emotions you are experiencing.
- What others are saying or doing.
- Heart rate, breathing, muscle tension.
- Thoughts running through your mind.

P - Proceed Mindfully

After you've taken a moment to stop, step back, and observe, proceed mindfully. Make a conscious choice about how to respond rather than reacting impulsively out of anger.



Questions to Ask:

- What is the most effective way to handle this situation?
- How can I respond in a way that aligns with my goals and values?
- What can I do to take care of myself in this moment?

Actions to Try:

- Think about your goals and values.
- Choose a response that aligns with your long-term well-being.
- Communicate calmly and assertively if necessary.



Scan or [click here](#) to learn more about controlling your anger.

STOP Skill for Anger

PART 1: Identify an Anger-Provoking Situation & Apply the STOP Skill

Think of a recent situation where you were angry and acted impulsively. Let's use the STOP skill to handle a similar situation in the future.

What Happened? Describe the situation in detail:

Stop: What can you do to pause before reacting to your impulse?

Take a Step Back: What can you do to create distance from the impulse?

Observe: What are you feeling, thinking, or sensing in the moment?

Proceed Mindfully: How can you respond in a way that aligns with your values and goals?



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about controlling your anger.

STOP Skill for Anger

PART 2: Reflect on Your Anger

Use the following questions to reflect on your anger and practice using the STOP skill:

What types of situations most commonly trigger your anger?

What types of situations most commonly trigger your anger?

What reminders can you set up to help you remember to use the STOP skill?

What reminders can you set up to help you remember to use the STOP skill?

What challenges did you face in using the STOP skill, and how can you improve next time?

What challenges did you face in using the STOP skin, and how can you improve next time?



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Practicing Gratitude for Anger

Gratitude is more than just a positive feeling; it's a practical tool that can help manage anger and improve your mental well-being. When you practice gratitude regularly, it can shift your focus away from things that frustrate you and make you mad and help you notice the good things in your life. This worksheet is designed to help you recognize and appreciate the positive aspects of your daily experiences.

PART 1: Daily Gratitude List

Write down three things you are grateful for each day. (Example page).

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M	Example: The taste of fresh coffee in the morning.	The kind text my friend sent me.	The relaxing bath I took to unwind.
T	A productive work meeting where I felt heard.	Taking a quiet walk in the park.	A surprise call from my mom to check on me.
W			
T			
F			
S			
S			

PART 2: Weekly Reflection

Reflect on your gratitude entries at the end of each week. Answer the following question:

Which gratitude entries for this week stood out to you the most and why?

The gratitude entry that stood out the most this week was "taking a quiet walk in the park." It felt so refreshing to be surrounded by nature and to have a moment of calm away from my usual busy routine. I realized how much these small breaks can help me feel grounded. Another entry that stood out was "a kind message from a friend." It reminded me that I have a support system and people who genuinely care about me. Sometimes I get caught up in my own struggles, so being reminded of these connections really lifted my mood and made me feel valued.



Practicing Gratitude for Anger

WEEK 1	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude for Anger

WEEK 2	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude for Anger

WEEK 3	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude for Anger

WEEK 4	Gratitude 1	Gratitude 2	Gratitude 3
M			
T			
W			
T			
F			
S			
S			

How did practicing gratitude affect your mood and outlook over the week?



Practicing Gratitude for Anger

PART 3: Monthly Summary

At the end of each month, summarize your gratitude practice.

What patterns do you notice in the things you are grateful for?

How has your perspective changed since you started practicing gratitude?



Practicing Gratitude for Anger

What new gratitude practices would you like to try next month?

What challenges did you face in practicing gratitude , and how did you overcome them?

Which gratitudes can you turn into a daily affirmation?





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

