



Caregiver Help.com

Module 2 : Session 3 : Printed Instructions “Managing Anger” PDF

1

Watch Intro Video

Managing Anger, Module 2, Session 3

2

Download and Print this PDF

3

Watch Video

“Madelyn Gets Mad”

4

Watch Video

“Managing Caregiver Anger”, Complete Journal Worksheets

5

Read Action Step

6

Finish Button

Managing Anger

1. Evaluate the list of people, situations, and events with which you are angry
2. Examine how fatigue, fear, and frustration are contributing to your feelings
3. Apply the principals of Creative Indifference to each situation

I am **AWARE** that I am angry with _____ because _____

I understand that experiencing negative emotions doesn't make me a bad person. I also **ACCEPT** that the following conditions & circumstances are contributing to my anger:

I will take Action to manage my **Anger
by implementing one or more of the following strategies:**

I will list the situations over which I have no control, and I will let go of the responsibility of fixing and/or changing _____

Instead of engaging or reacting to another person's upsetting behavior, I will respond by _____

I will be willing to risk _____'s anger by honestly and openly standing up for my own needs. I will use phrases like:

- _____ **This makes me feel very angry**
- _____ **It's not okay for you to talk to me like that**
- _____ **I'm upset with you right now, and I need to take a break**
- _____ **I can't do that (or) I won't do that**
- _____ **I am angry with you (or this situation) because**

I will find a safe place to express (expel) my anger by getting involved in:

- Exercise _____
 - Support Group _____
 - Respite Care _____
 - Hobby/Interest/Activity _____
-
-

