

Welcome to Your Anger Management SELF-HELP WORKBOOK

This workbook is here to support you in understanding your anger, managing your emotions, and building a calmer, happier life.

You are not alone in this journey.

Let's grow together.



How to Use This Workbook



Read

Read each page mindfully and understand the concepts.



Reflect

Take time to reflect on your thoughts, feelings, and experiences.



Write

Complete the worksheets and journals honestly and openly.



Practice

Apply the tools and strategies in your daily life.



Grow

Be patient and kind to yourself. Your progress matters.

A Few Gentle Reminders

- There are no right or wrong answers.
- Your feelings are valid.
- Change takes time and consistency.
- Celebrate every small step forward.

*You have the
power to choose
calm, every day.*



This is your space. Your pace. Your journey.
You are capable of creating lasting change.



Disclaimer



This workbook is designed for self-help
and emotional growth.

.....

Anger is a normal human emotion. The goal is not
to stop feeling angry, but to learn healthy ways to
express and manage it.

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If anger frequently leads to aggression, violence,
or serious relationship problems, seek support
from a qualified mental health professional.



Every choice you make brings you closer to peace.

What is Anger?



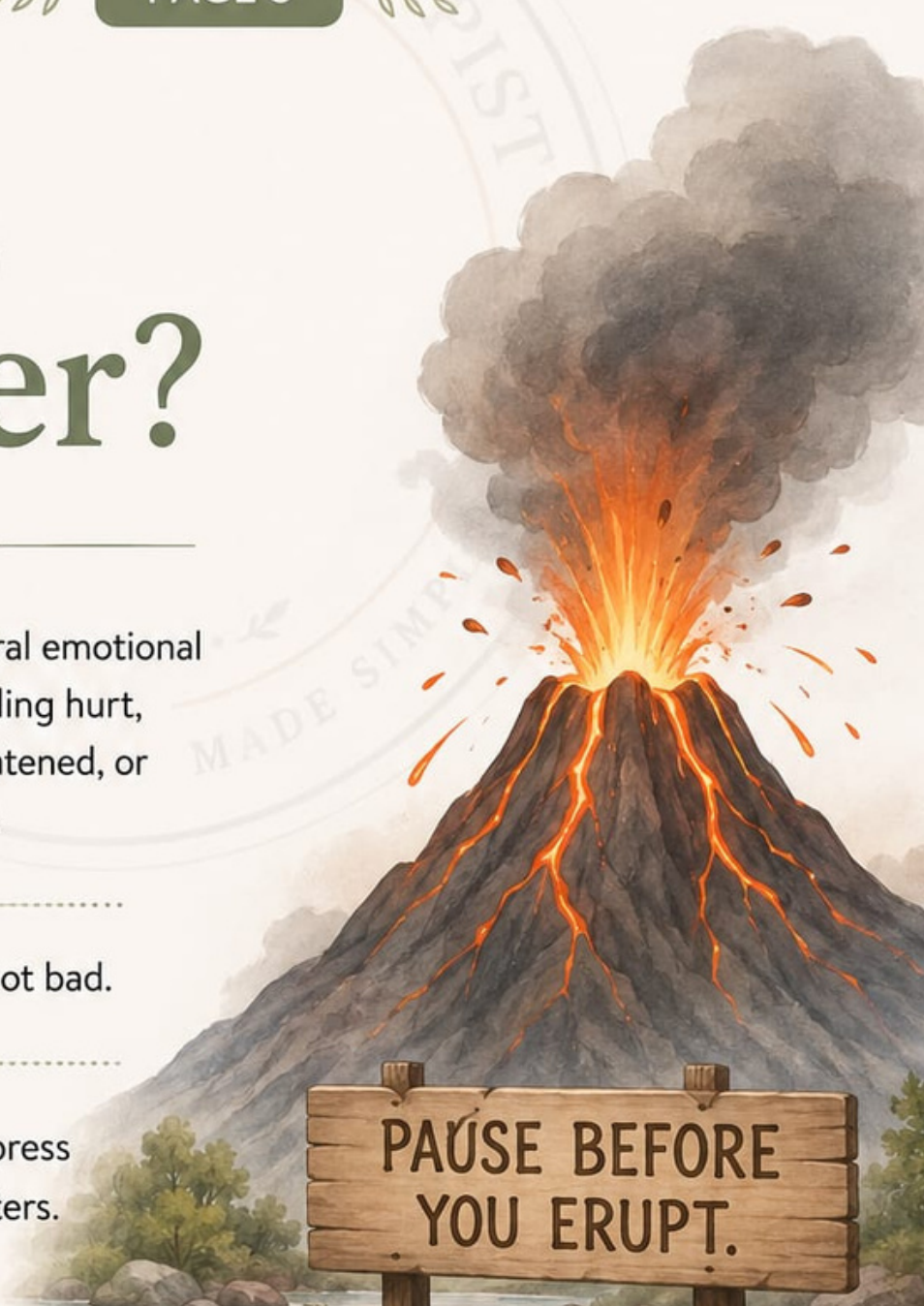
Anger is a natural emotional response to feeling hurt, frustrated, threatened, or treated unfairly.



Anger itself is not bad.



It is how we express anger that matters.



PAUSE BEFORE
YOU ERUPT.

Remember



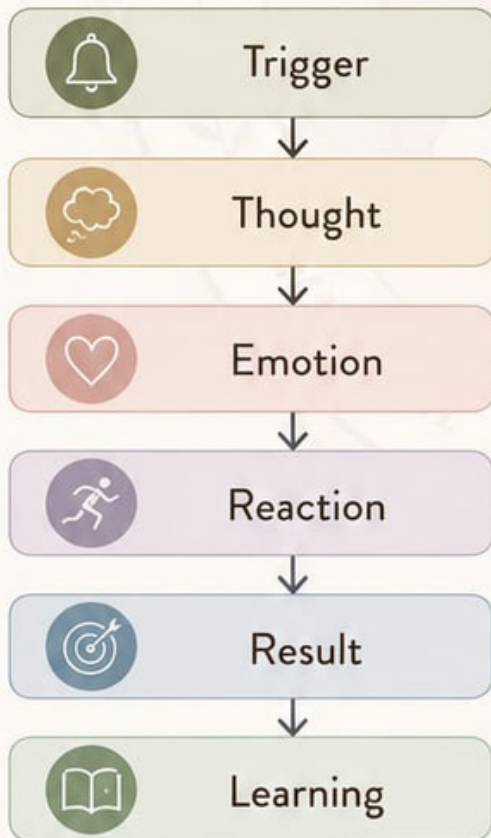
Anger is an emotion.
Aggression is a choice.



*You can't always control what happens to you,
but you can always choose how you respond.*

Why Do We Feel Angry?

Anger doesn't appear out of nowhere.
It follows a process.



The more aware you are at each step,
the more control you have.

Common Triggers

-  Being ignored
-  Criticism
-  Stress
-  Unmet expectations
-  Feeling disrespected
-  Traffic or delays



Remember:

You may not always control the trigger,
but you can always choose your response.



WORKSHEET 1

Anger Self-Assessment



Read each statement and check the box that best describes you.

Statement	Never	Sometimes	Often	Almost Always
1. I lose my temper easily.	☐	☐	☐	☐
2. I shout during disagreements.	☐	☐	☐	☐
3. I regret my words later.	☐	☐	☐	☐
4. I become irritated over small things.	☐	☐	☐	☐
5. My anger affects relationships.	☐	☐	☐	☐
6. I find it hard to calm down.	☐	☐	☐	☐
7. I react before thinking.	☐	☐	☐	☐
8. I hold grudges for a long time.	☐	☐	☐	☐

Reflection



Mostly “Often” or “Almost Always” indicates that practicing healthy anger management skills may be helpful.



Self-awareness is the key to self-control.
The more you understand your anger, the better you can manage it.



Signs of Unhealthy Anger

Unhealthy anger shows up in our body, mind, and behaviour.



Remember:

Recognizing the signs early helps you take control and choose better responses.



Physical

- Fast heartbeat
- Tight muscles
- Clenched fists
- Sweating
- Shallow breathing
- Headache



Emotional

- Irritability
- Frustration
- Rage
- Resentment
- Jealousy
- Feeling overwhelmed



Behaviour

- Yelling
- Arguing
- Breaking things
- Silent treatment
- Walking away aggressively
- Sarcasm



Awareness is your first step toward change.

When you notice these signs, pause and use the tools in this workbook to calm down.



You are not your anger. You are more than that.



Anger Thermometer

Use this scale to identify how intense your anger feels in the moment.



Goal

Notice your anger before it reaches **8-10**.
The earlier you notice it, the easier it is to manage.



Remember

You don't have to wait until you reach the top.
Small pauses at the lower levels create big changes.



*Awareness is power.
Pause early. Protect your peace.*



COOL Method

Use the COOL method to manage anger in the moment and choose a better response.



C



Calm your body.

Take a deep breath. Relax your muscles.
Slow your body down.



O



Observe your thoughts.

Notice what you are thinking.
Are your thoughts helpful or hurting you?



O



Open your mind to other possibilities.

Is there another way to see this?
Consider different choices and solutions.



L



Leave the situation if needed and return calmly.

It's okay to step away. Come back when you are calm and ready.



Remember



You are not weak for pausing.

You are strong because you choose calm.



Calm is a skill. Practice it. Use it. Grow with it.



STOP Before You React



In the heat of the moment, your first response is to react. Take a pause and use the STOP method to choose wisely instead.



Try This 



Count slowly from **1 to 10** before responding.



This small pause can prevent big regrets.



Stop.

Pause what you are doing. Don't react immediately.



Take a deep breath.

Breathe in slowly through your nose. Breathe out through your mouth. Do this 2-3 times.



Observe your feelings.

Notice what you are feeling right now. What triggered you? What do you need?



Proceed with respect.

Choose a response that is calm, kind, and respectful.



Remember

You always have a choice. The STOP method gives you the power to **respond**, not **react**.



A few seconds of pause today can save you from years of pain tomorrow.



Daily Habits That Reduce Anger

Small daily choices create a calmer mind and a happier life. Practice these habits consistently for lasting change.



✓ Sleep well

A good night's sleep helps your mind stay calm and balanced.



✓ Limit alcohol or substance use

These can increase irritability and reduce self-control.



✓ Exercise regularly

Physical activity reduces stress and releases feel-good chemicals.



✓ Communicate calmly

Speak with respect. Listen with understanding. Avoid harsh words.



✓ Eat balanced meals

Healthy food keeps your energy steady and improves mood.



✓ Forgive gradually

Letting go of grudges frees your mind and brings inner peace.



✓ Practice deep breathing

Deep breaths calm your nervous system and reduce tension.



✓ Take breaks when needed

Stepping away for a while helps you reset and prevent anger buildup.



Remember



You can't control everything, but you can control your habits.
Healthy habits = Calmer you.



You are one habit away from a better mood and a better life.



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Let's Reflect & Grow

Reflection helps you understand your anger better and choose calmer responses in the future.



Daily Reflection Checklist

Take a few minutes each day to check in with yourself.



What made me feel angry today? ☐



How did I react? ☐



What was I thinking at that moment? ☐



How did my reaction affect me and others? ☐



What could I have done differently? ☐



What is one thing I did well today? ☐



What will I do tomorrow to stay calmer? ☐



Reflection Prompts

1 What situations trigger my anger the most?

2 What are my early warning signs of anger?

3 Which coping strategies help me the most?

4 What is my goal for managing anger better?



Remember

Reflection turns experiences into learning.
The more you reflect, the more you grow.



*Every day is a new chance to choose calm.
Reflect. Learn. Grow.*



Build Your Calm Toolkit

Create a personal toolkit of strategies that help you stay calm and manage anger in a healthy way.



Tools You Can Use



Breathing Exercises

Deep breathing, 4-7-8 breathing, or box breathing.
Helps calm your body and mind.



Mindfulness & Meditation

Stay present.
Focus on your breath or senses.
Brings peace and reduces stress.



Journaling

Write down your thoughts and feelings.
Helps you process and release anger.



Physical Activity

Walk, run, stretch, or do yoga.
Releases tension and boosts mood.



Music

Listen to calming music or your favorite songs.
Improves mood and relaxes your mind.



Nature Time

Spend time outdoors. Notice the beauty around you.
Refreshes your mind and brings calm.



Talk to Someone

Share your feelings with someone you trust.
Talking helps and brings new perspectives.



Creative Outlets

Draw, paint, write, or do something creative.
Expresses emotions in healthy ways.

How to Build Your Toolkit



1 Explore different strategies.



2 Choose what works best for you.



3 Use them regularly, not just in tough times.



4 Keep adding tools that help you.



5 Your toolkit is unique—make it your own!



Remember



You don't have to use every tool.
Just the right one at the right time.
Your calm is worth the effort.



A strong toolkit today builds a calmer,



Handle Triggers with Confidence



Triggers are a normal part of life.
The key is to prepare, not panic.
Use this plan to stay calm and
choose your best response.

Common Triggers



Critical words
or tone



Feeling
disrespected
or ignored



Rushed
or stressful
situations



Past
memories



Crowded places
or too much
noise



Too many
responsibilities

Quick Calming Tools



5-4-3-2-1 Grounding

Name 5 things you see, 4 you feel,
3 you hear, 2 you smell, 1 you taste.



Progressive Muscle Relaxation

Tighten and release your muscles
slowly from head to toe.



Comfort Anchor

Use an object, word, or memory
that makes you feel safe.



Positive Self-Talk

Remind yourself: "I can handle this.
I am strong. This will pass."

5-Step Response Plan

1 Notice

Notice the trigger early.
Recognize the signs in
your body and mind.



2 Pause

Take a pause. Don't react
immediately.
Give yourself space.



3 Breathe

Take 3-5 deep breaths.
Calm your body and
clear your mind.



4 Choose

Choose a response that
aligns with your values
and goals.



5 Respond

Respond calmly and
respectfully. Stay in control
of your emotions.



Prepare in Advance

- ✓ Identify your top triggers.
- ✓ Plan your 5-step response.
- ✓ Practice your calming tools daily.
- ✓ Surround yourself with supportive people.
- ✓ Take care of your body: sleep, food, movement.



Remember

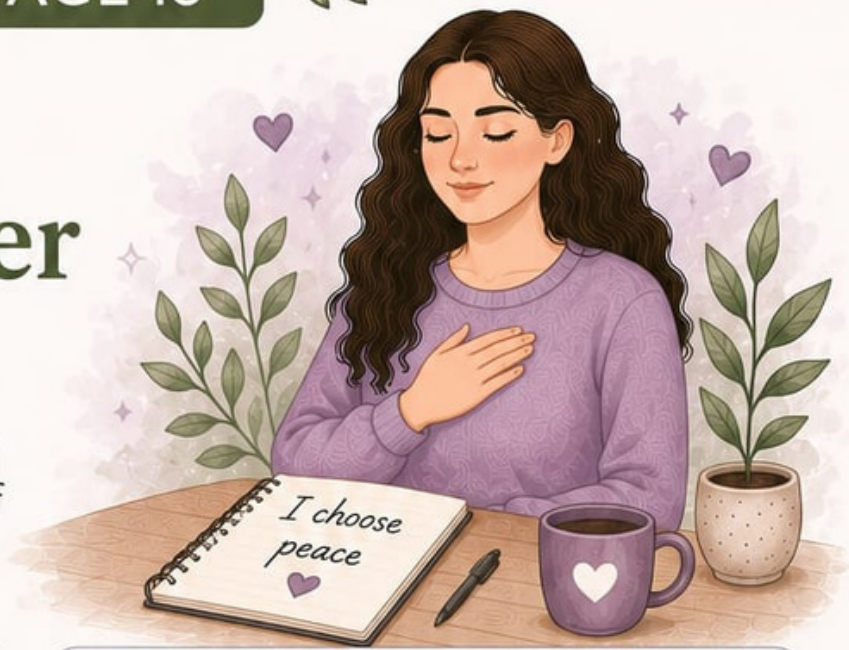
You can't always control what happens,
but you can always control how you respond.
Each calm choice makes you stronger.



Triggers don't have to control you.

Let Go to Feel Better

Holding on to anger, grudges, or hurt only weighs you down. Letting go doesn't mean forgetting—it means freeing yourself from the pain and choosing peace.



Benefits of Letting Go



Reduces stress and anxiety.



Improves your mood and mental health.



Boosts your energy and focus.



Strengthens your relationships.



Helps you feel lighter, calmer, and more in control.

5 Steps to Let Go

1

Acknowledge

Accept how you feel. It's okay to feel hurt or angry.



2

Understand

Think about what happened and what you can learn from it.



3

Release

Let go of the need for revenge or holding a grudge.



4

Replace

Replace negative thoughts with kindness and positive beliefs.



5

Move Forward

Focus on your goals and create a better tomorrow.



Things That Help You Let Go



Write it out – Journaling helps you express and release emotions.



Talk about it – Share with someone you trust.



Spend time in nature – It brings clarity and calm.



Practice forgiveness – Forgive others for your peace, not theirs.



Do what makes you happy – Hobbies, music, art, or anything you enjoy.

Daily Let Go Reminders



I deserve peace, not stress.



I can't change the past, but I can choose my future.



Holding on hurts me more.



I choose to release what no longer serves me.



I am stronger and wiser every day.



Remember

Letting go is not giving up—
it's choosing yourself.

Your peace is worth more than your pride.



When you let go of what hurts,





Our Team

Compassion • Clarity • Growth

Compassionate professionals dedicated to

promoting mental well-being and creating meaningful change.



Narender Kumar Vashistha

COUNSELOR | CAREER GUIDANCE EXPERT |
BEHAVIOUR MODIFICATION SPECIALIST

With over 27 years of experience in counseling, behaviour modification, career guidance, and personal development, he helps individuals build resilience, overcome challenges, and achieve meaningful growth.



Nikita Vashistha

FOUNDER | COUNSELING PSYCHOLOGIST

A Counseling Psychologist committed to promoting emotional well-being through evidence-based care, counseling, workshops, and mental health initiatives. She believes in creating safe spaces for healing and growth.



Safia

PSYCHOLOGIST | FREELANCE COUNSELOR |
WELLBEING EDUCATOR | CO-FOUNDER,
CONVOCARE INDIA

A psychologist, wellbeing educator, and mental health advocate passionate about accessible and inclusive mental healthcare. She works towards creating awareness, empowering communities, and reducing stigma.



Curly Couch Therapist

— Compassion • Clarity • Growth —

At Curly Couch Therapist, we believe that mental well-being is the foundation of a healthier and more meaningful life.

Through evidence-based psychological support, self-help resources, counselling, workshops, and mental health education, we strive to empower individuals with the knowledge and skills needed to navigate life's challenges with confidence and resilience.



Inside this book, you'll discover practical insights, evidence-informed strategies, and simple tools to support your emotional well-being and personal growth.

Connect With Us



Email:
manasthali1999@gmail.com



Website:
www.curlycouchtherapist.com



Scan the QR Code

to explore counselling services,
workshops, self-help resources,
and upcoming wellness programs.

*Your journey toward healing,
resilience, and growth begins here.*