A PAUSE, A PRACTICE, A NEXT STEP

Anger

Create space before you respond.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Identify the first sign

Notice a clenched jaw, rising voice, tight hands, or repeated angry thoughts. Name the feeling before deciding what to do.

01 / Notice and reflect

What triggered the anger?

02 / Notice and reflect

What happened in my body first?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek help if anger damages relationships, feels difficult to control, or leads to threats, breaking things, violence, or self-harm. If anyone is in immediate danger, contact emergency services and move toward safety if possible.

Read more: VA · Anger and trauma

More tools and immediate support: Our Healing Room / Crisis Support.