

Managing Frustration & Anger

To assess your efforts to manage frustration and anger, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Pacing activity			
Pre-emptive rests			
Stress reduction practices			
Counseling			
Talking to a friend			
Writing (journaling)			
Change perspective			
Plan response			
Acknowledge feeling			

Copyright © 2010 Bruce Campbell & Charles Lapp