

Anger Control Plan

- 1) Can you think of someone you would reach out to for social support?
How would you ask that person to support you?
- 2) Can you think of situations where you would use the timeout strategy?
Please describe them.
- 3) Can you think of specific strategies that you might use to control your anger? Please describe them.

Sample of an Anger Control Plan

- ✓ Take a timeout.
- ✓ Talk to a friend (someone you trust).
- ✓ Use the Conflict Resolution Model to solve problems with expressing anger (discussed in more detail in sessions 7 and 8).
- ✓ Exercise (for example, take a walk, go to the gym).
- ✓ Attend 12-Step meetings.

Explore primary feelings beneath the anger.