

### EXERCISE: Rating Anger Management Strategies

So far, you have learned how testing angry thoughts, preparing for events with imagery, recognizing early warning signs of anger, timeouts, assertion, and forgiveness can help you manage your anger. Try some of these anger management methods to see which ones work best for you. To figure this out, use Worksheet 15.5 to rate your level of anger on a 0–100 scale before and after using them. Once you identify the one or two methods that work best for you, start using them regularly. The more you practice, the more likely it is that you will be able to use these strategies effectively when you need them.

### WORKSHEET 15.5. Ratings for My Anger Management Strategies

Under “Anger Management Method,” choose “Testing thoughts,” “Imagery preparation,” “Recognizing early warning signs,” “Timeout,” “Assertion,” or “Forgiveness.” For each of your practice sessions, rate your anger on a 0–100 scale, where 0 is none at all and 100 is the most ever, both before and after the exercise. Do a number of practice sessions with each of the methods you want to try. At the bottom of the worksheet, make some comments about what you learn. See if your anger management skills improve with practice, and also compare the different methods to learn which ones work best for you.

Anger Management Method	Anger Rating at Start (0–100%)	Anger Rating at End (0–100%)

What I learned (Did my anger management improve with practice? Which methods work best for me?):