

Imagining Being Able to Manage Anger

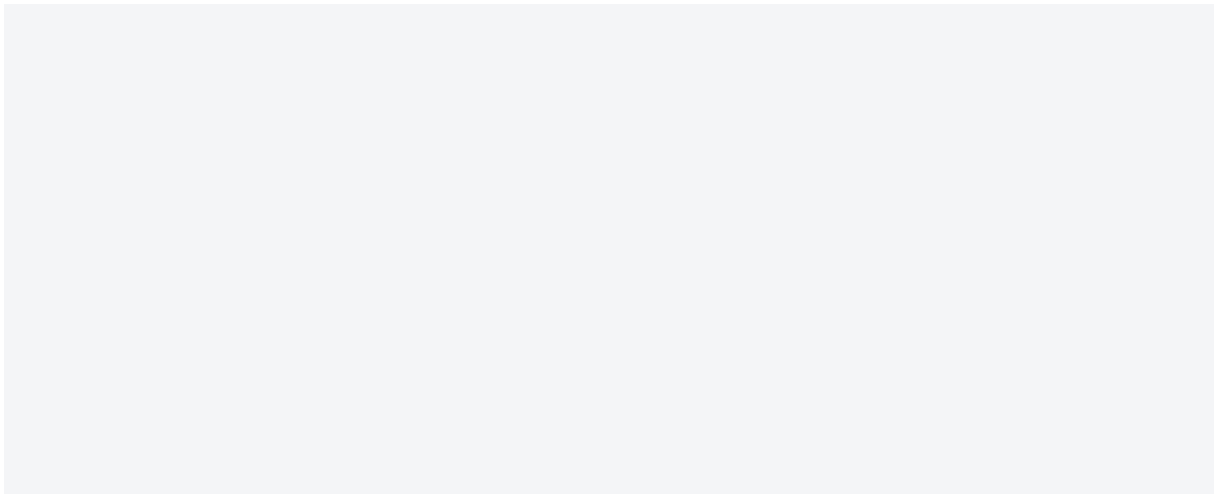
Anger management can be learned. Using suitable techniques, individuals become better at identifying their anger triggers and implementing coping mechanisms.

Use the following questions to picture what life would be like if you could get a grip on your anger.

The following questions form the acronym FADE (Catalano, 2018):

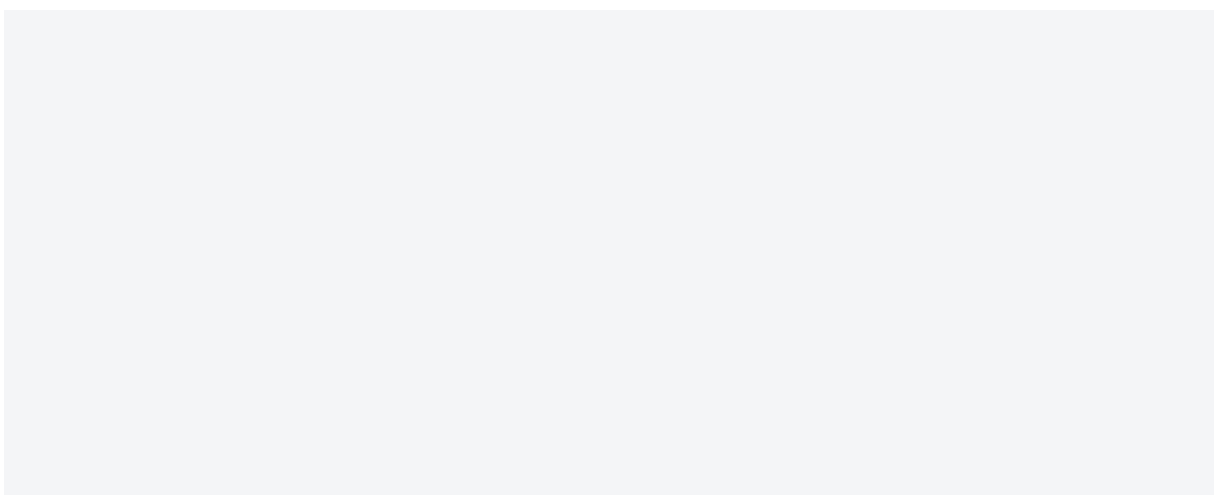
Feel – imagine how you will feel emotionally and physically when you can manage anger better.

Describe it below:



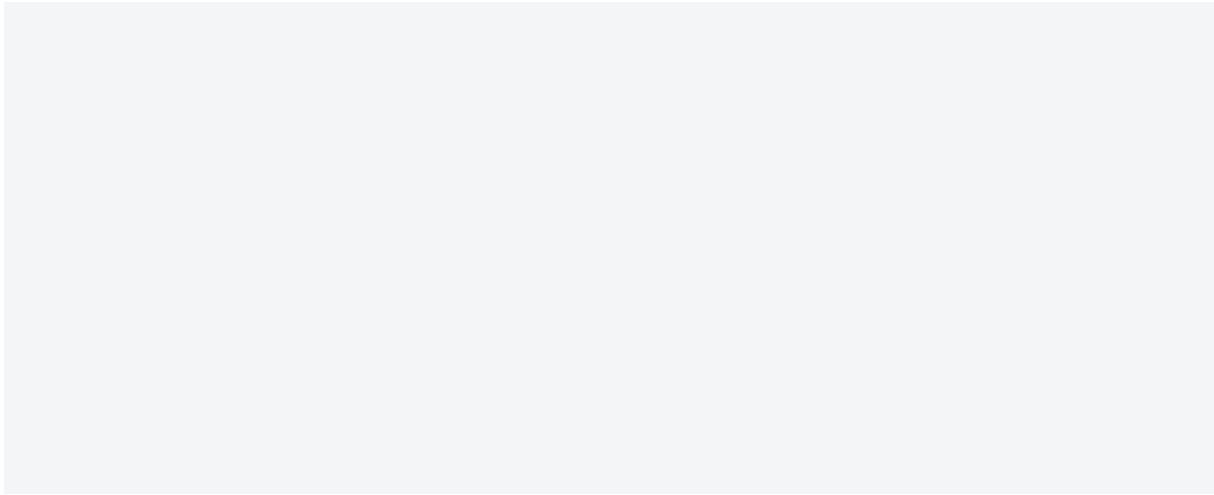
Appear – imagine how you may appear different when you can manage anger better.

Describe it below:



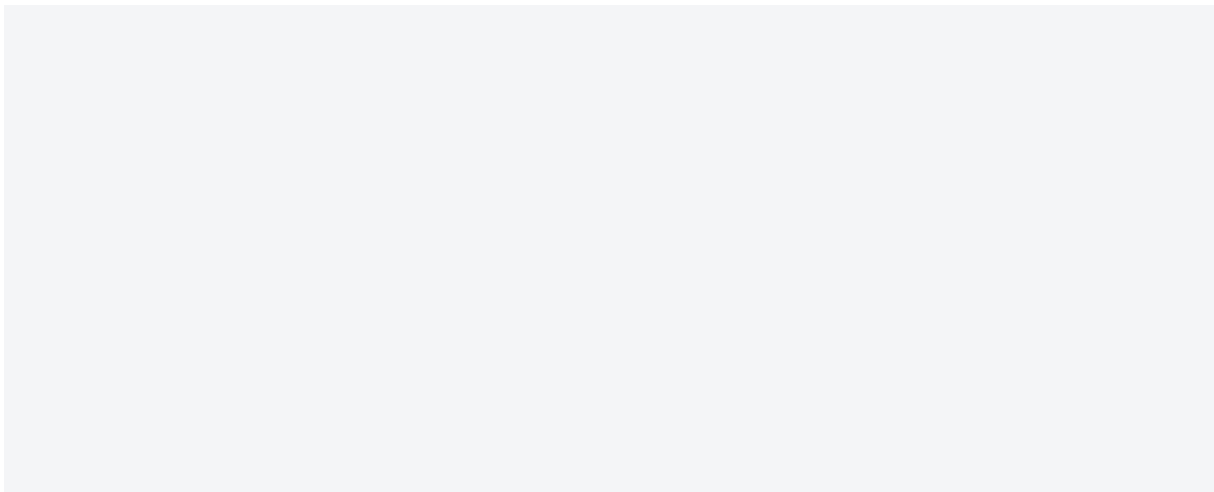
Do – imagine what you would do differently when you manage anger better.

Describe it below:



Empower – imagine what you will be empowered to do when managing anger better.

Describe it below:



Keep this worksheet as a reminder of your goals for managing anger and the life you can have when you gain that control.

References

- Catalano, J. (2018). *The anger management workbook for women: 5-step guide to managing your emotions and breaking the cycle of anger*. Althea Press.

Dr. Jeremy Sutton