

Anger management

An Anger Plan With Accountability

Adults and teens 13+ | 10 to 15 minutes

Anger can point toward unfairness, frustration, fear, or a crossed boundary. Feeling angry does not excuse threats or aggression. A useful plan protects safety first and returns to the issue when a respectful conversation or another suitable action is possible.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Notice the early turn

Identify a cue that appears before escalation, such as speaking faster or composing a hostile message. Choose an agreed pause that does not block exits, punish someone with silence, or leave a dependent person without care.

Plan the return

A later response might name the issue, request a change, seek advocacy, or repair harm. If you caused harm, describe it specifically and respect the other person's choice about further contact.

1. What situation brought anger, and what early cue could you notice next time?

2. What safe pause could you take without intimidating or abandoning responsibilities?

3. What boundary, request, or practical action addresses the underlying issue?

4. If harm occurred, what accountable repair is possible without demanding forgiveness?

Clinical use and adaptation

Assess violence, coercive control, access to weapons, and immediate danger directly when indicated. Generic anger management is not sufficient for abuse intervention. Validate anger about discrimination while maintaining clear responsibility for behavior.