



My Personal Anger Control Plan

Put everything on one page you can keep in your wallet, phone or on the fridge

Name _____

Date _____

Use your answers from Worksheets 1–7. Keep it short — this is the page you read when you feel the heat rising. Use first names only.

My why. I'm working on my anger because _____

My top triggers: 1. _____ 2. _____ 3. _____ 4. _____
5. _____

My hot spots (times, places, people): _____

My red flag (earliest sign): _____

Other warning signs — Body: _____ · Actions: _____ · Feelings: _____
Thoughts: _____

My yellow lights (early signs I'm sliding back into old habits): 1. _____ 2. _____ 3. _____

My anger meter

AT 3 I WILL...	AT 6 I WILL...	AT 9 I WILL...

My timeout — Words: " _____ " · Where I'll go: _____ · What I'll do: _____
Back in ___ min · Return line: " _____ "

Quiet timeout line: " _____ "

My go-to calming skill: ☐ 4-7-8 breathing ☐ Box breathing ☐ Muscle relaxation ☐ Walk ☐ Other: _____

My hot thought → cool thought: " _____ " → " _____ "

My I-statement for a common conflict: " _____ "

My two daily habits: _____ · _____ **My HALT reminder:** _____

A high-risk situation coming up: _____

What I'll do: _____

If I slip: Stop → Own it → Learn → Back on plan. My first step will be: _____

My support team: 1. _____ 2. _____ (first names) · Professional resource: _____

Helplines

- Emergency: **911**
- Suicide & Crisis Lifeline: call or text **988**
- National Domestic Violence Hotline: **1-800-799-7233** or text START to 88788
- SAMHSA National Helpline (substance use, mental health): **1-800-662-4357**