

## Try this Intervention Tool

The following is a simple intervention tool to help you gain control over your anger in response to a recurring provocative event. Try it to see if it helps.

**Instructions:** Reproduce the anger management tool 10 times. Each time you experience the event that produces anger, fill out the sections of the tool. As time goes by, you may experience diminishing anger responses to the event.

<b>First sign that I was angry.</b>	
<b>What triggered It?</b>	
<b>How did I respond to this event?</b>	
<b>What did I do well this time?</b>	
<b>What will I do better the next time this event occurs?</b>	