



Derby City Council

My Life, My Journey

Anger Map

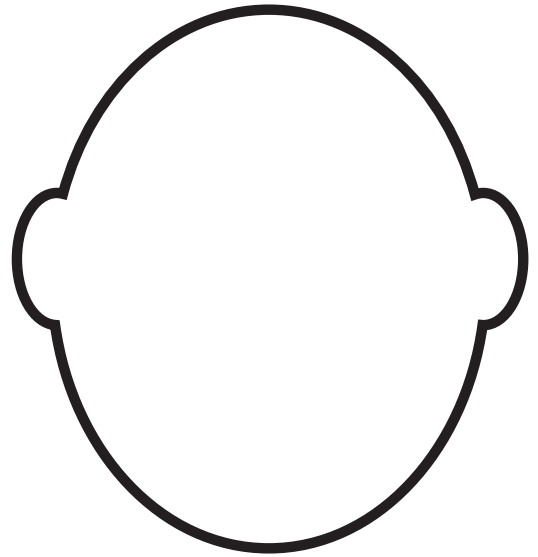
Name

Age

Today's Date

Anger Map

1. What kind of face do you have when you are angry?



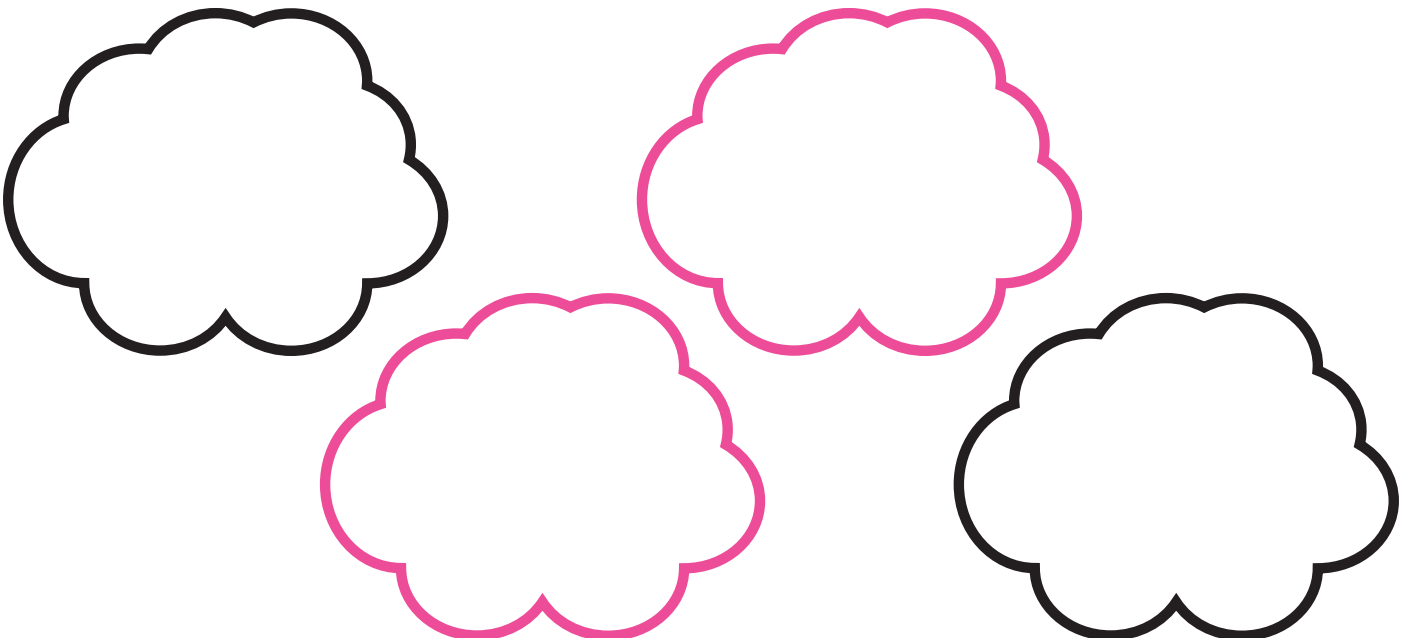
2. What happens to your body when you are angry?

3. What things do you say?

4. How do you behave when you are angry?

5. What makes you angry?

6. What could help when you are angry?

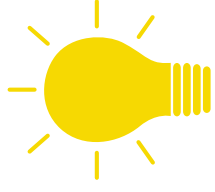


7. Other ways of handling my anger

8. Do you think your anger could be used in a positive way?

9. Have you learnt anything about your anger?

Action Plan



Name

What is going to help you?	How is it going to help you?	Who is going to help you?	When would you like it to start?
What else might help?			

Review



Name

How much has it helped you?

A lot

A little

Not at all

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