

Anger in Action

A strategy for channelling anger constructively

Reminder sentence:

GETTING READY PAYS & SENSIBLE ANGER EXPECTS REWARDS
O I R U G V E
A G I P E A W
L H C P N L A
S T E O D U R
S S R A A D
T T T S

- **Goal**

Set an achievable but challenging goal and target date

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- **Rights**

Note down the Anger Right which “authorises” you to achieve that goal

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- **Price**

Assess the price you are willing to pay for achieving that goal

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- **Support**

Note down the name or names of people who will be willing and able to support you

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- **Agenda**

Set at least 3 target dates for achievable steps towards achieving your goal

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- **Evaluate**

Note down how and when you will objectively assess your progress

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- **Reward**

Note down the mini rewards you will give yourself when you achieve each step and the major one when you complete your challenge

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