



PTSD and Anger worksheet

You cannot control what happens to you or how others react. What you can control is how YOU react to your situation. You have been through a traumatic experience that you had no control over. You may feel a host of negative emotions associated with it. You may be self critical and angry at yourself or others around you.

If you think about it, what has happened cannot be changed but what will be is entirely in your hands. Once you come to this acceptance, you can channel your negative energy into more positive coping strategies. Use the following exercise to assess any recent instance where you showed anger and aggression in response to a situation.

<p>1. Describe a recent situation that made you angry or aggressive</p>	<p>4. What was your reaction at the time? <i>(There is no shame in accepting how you reacted in a certain situation)</i></p>
<p>2. What caused it? <i>(only focus on the facts)</i></p>	<p>5. What can you tell yourself to accept the situation, your emotions and your reactions as it happened? <i>(think of coping statements that reflect acceptance of the past and what you can and cannot control in the present)</i></p>

<p>3. What are you feeling right now as you think about the situation? (<i>Describe any physical sensations as well</i>)</p>	<p><u>Proactive plan:</u> What can you do to respond in a better way in the future?</p>
---	--

References

[Dillon, K., Elbogen, E & Morland, L. \(2020\) Anger and PTSD. *PTSD Research Quarterly*, 31 \(3\).](#)

[McKay, M., Wood, J. C., & Brantley, J. \(2019\). *The dialectical behaviour therapy skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance*. New Harbinger.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.