

## Anger and Criticism Reduction Plan

1. What are some of the "hot buttons" that trigger feelings of strong anger or critical response?
2. What are some of the "warm buttons" that trigger feelings of moderate anger & critical response?
3. At what times are you most likely to have trouble controlling your anger or criticism?
4. How would you like someone else to tell you he or she has been hurt by something you've done?
5. What "unfair" tactics, like hitting, name calling, or silence, do you use when angry or upset? Now, using the above questions and answers, write down what you can do to change your response.

1.

2.

3.

4.

5.

Now, write out what others can do to help you change your response.

1.

2.

3.

4.

5.