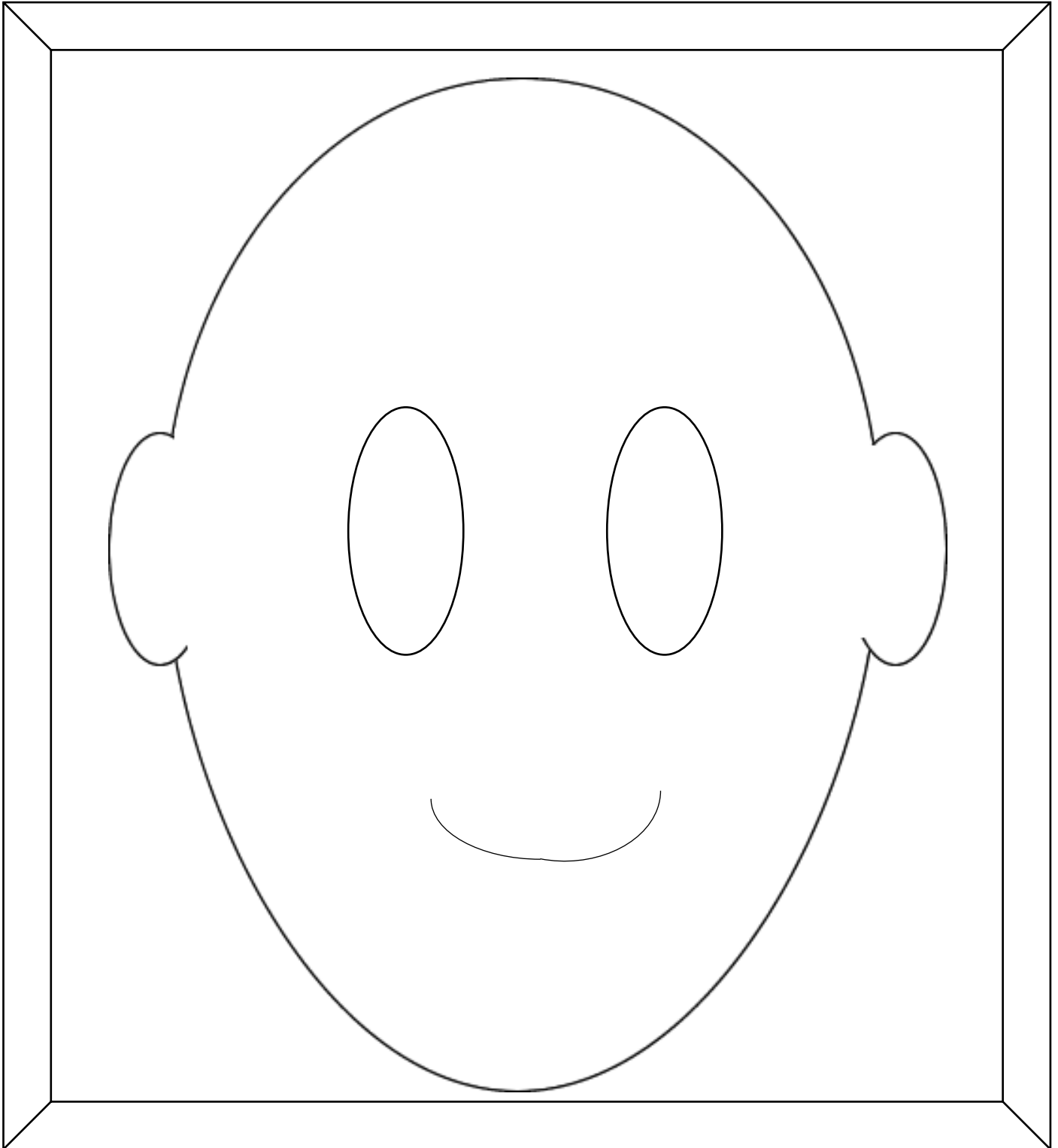


Personal Review - Look at Me.

So how is it going? How do you feel? Have you changed during the course? Looking in the mirror now, what do you see/believe? In the mirror below put down the positives & changes you feel & recognise in yourself & your life. You can add to this whenever.



What level of anger management would you place yourself at from a scale of 1 (poor) to 10 (good)?

1 2 3 4 5 6 7 8 9 10

I am most proud of...

Moving on.

We have covered many different types of strategies throughout the course. Most with silly names such as SPAT or SCARF, & we have looked at the situations & triggers that are personal to you & your anger management. You have personally set self-targets & hopefully monitored & updated these to understand your anger & the best 'Avoidance Plan' for you.

Write below the one main thing that you have learnt from challenging yourself & your actions.

Think about your management of your anger now, & the things you have discovered about yourself which will help. Complete your 'Anger Profile' below. If you prefer you can do an Anger Profile Poster or illustration if you feel you need to write more detail

My Personal Anger Profile

My angers mostly triggered by...

People (say who) ...

Feelings (say what) ...

Situations (describe one) ...

My signposts are usually...

Consequences for losing my temper could be...

I can stay in control by....

People can help me by...

I have learnt to...

I feel good by...

'Remember we cannot command our life but we can command our actions'.