

# humantold

## Goal Setting with Anger

### Start Small

Changing patterns in life, including how you manage anger, can be overwhelming. In fact, it can be so overwhelming that you don't know where to begin. The answer is to start small. Start with the bigger picture, but then break it down into smaller steps. The idea is to only have one thing to do at a time. For example, if you don't want to throw things when you feel angry, break this goal into more manageable steps.

**Directions:** Come up with a goal regarding your anger and put together a few small, manageable steps you can focus on over the next week to help you attain the goal.

<b>Goal</b>	
<b>Step 1</b>	
<b>Step 2</b>	
<b>Step 3</b>	
<b>Other steps</b>	

Book: The Dialectical Behavior Therapy Skills for Anger by: Alexander L. Chapman, PHD, RPsych & Kim L. Gratz, PHD Foreword by Marsha M. Linehan, PHD, ABPP  
Worksheet by: Janay Bailey