

# My Rage Plan

Rage is easier to manage when you have a plan before you need one. Use this worksheet to create your personal roadmap for moments when anger feels overwhelming.

## Section 1: My Warning Signs. What tells me rage is building?

*Example: Tight chest, pacing, clenching fists, urge to text immediately, feeling 'hot'*

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## Section 2: Safe Releases. What helps me release anger safely?

*Examples: Hitting a punching bag, venting to a friend, screaming into a pillow*

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## Section 3: People I Can Reach Out To If Needed

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## Section 4: Grounding Tools. What helps me slow down before I react?

*Examples: The 5-4-3-2-1 method. Exploring different sensory options. Box breathing. Repeating a mantra.*

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Reminder: Feeling rage does not mean you are bad, or wrong. Having feelings is okay. It's how you react to those feelings that really matters.

## Section 5: Things I Need To Remember

*Examples: This feeling will pass. I don't need to act on every urge. Etc*

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## Section 6: My Exit Script. If I need to step away from a conversation.

*Example: "I'm too angry to talk productively right now. I need some time to cool down."*

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## Section 7: My Repair Plan. If I lose my temper, how will I repair the damage?

*If you got this worksheet from [fortraumasurvivors.com](http://fortraumasurvivors.com), there is also a repair script worksheet!*

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