

# ANGER TIMELINE

This timeline is designed to help identify coping strategies for managing anger beyond simply the point of being triggered. This includes managing mood before the trigger, maintaining control when angry, and learning to deescalate emotions after the incident.

## BEFORE (SELF CARE)

Adequate Sleep

Eating Health

Exercise

Social Activities

Hobbies

## DURING (IMPULSE CONTROL)

Deep Breathing

Counting To 10

Expressing Boundaries

Walking Away

Speak To An Authority

## AFTER (EMOTIONAL REGULATION)

Journaling

Talking To A Friend

Art

Physical Activity

Discussing The Incident  
After Cooling Off

