

**Anger Management Institute Worksheets** © Copyright 2013 by Lynette J. Hoy,  
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**Angry-Hostile Worksheet 1:**

**What's your typical response when your spouse/partner is angry or hostile?**

1. Get angry too \_\_\_\_\_
2. Walk away \_\_\_\_\_
3. Tell them off \_\_\_\_\_
4. Tune-out \_\_\_\_\_
5. Write them off \_\_\_\_\_
6. Think “not another hot-head!” or “I can’t take this!” \_\_\_\_\_
7. Try to understand and listen to their problem \_\_\_\_\_
8. Give up “they’re all alike” \_\_\_\_\_
9. Put yourself in their shoes \_\_\_\_\_
10. Let them know by your expression how irritating they are \_\_\_\_\_
11. Let them know in no uncertain terms that their behavior is inappropriate \_\_\_\_\_
12. Feel defensive \_\_\_\_\_
13. Wish they would just go away. \_\_\_\_\_
14. Think “let’s get this case over” \_\_\_\_\_
15. Believe “they deserve it” \_\_\_\_\_
16. Other: \_\_\_\_\_

## **Angry-Hostile Worksheet 2:**

**Principle: how we respond to a hostile, angry partner is a sign of our ability to control ourselves.**

It shows where we are on the emotional intelligence scale. If we get defensive, angry or irritated -- we give him/her control over our emotions. We get into the ‘pitbull’ mode.

*So, how can you keep calm when confronted by your spouse who is angry or hostile?* Anger is like a disease! It’s contagious! Someone once said, “I don’t have to attend every argument I’m invited to.”

First, remember not to take it personally then, apply these Thinking ahead reminders:

“keep your breathing even..”

“Take it one step at a time..”

How do you calm yourself down?

**How can you let him/her know you are listening and being heard.**

Acknowledge his/her concern or repeat back what he/she said. It lets your partner know he/she was heard.

***Defusing Angry/Hostile Situations Acknowledge - Respect - Support - Inform***

“I see that you are upset.”

“You seem very distressed (or disappointed).”

“I hear what you are saying...”

“I can see how this would be very distressing.”

“It can be stressful to go through this.”

“I hear you. Most people would be upset.”

\*you don’t need to agree or make a conclusion.

*Repeat/Reflect/Summarize what he/she says:*

“In other words . . .”                  “Let me get this straight . . .”

“So you felt that . . .”                  “What I hear you saying is . . .”

“If I understand you correctly . . .”                  “Would you say that . . . ?”

“Do I understand you to mean . . . ?”                  “You feel frustrated because ...”

Write out a non-defensive, non-hostile response:

“I hear what you are saying”

“You feel upset when I don’t listen to you”

“Can you tell me more about your concern?”

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