



Red Line Anger Management Plan

Use this worksheet to recognize early warning signs of anger, track your triggers, and build a plan for what to do when you reach your 'red line.' This plan helps you stay safe, in control, and supported.

My Triggers: What situations, people, or places tend to light my 'fuse'?

Early Warning Signs: What are the first signs I'm starting to feel angry? (e.g., tense muscles, racing heart, negative thoughts)

My Red Line: What tells me I've hit the point of no return? (e.g., wanting to hurt someone, breaking things, yelling uncontrollably)

Anger Thermometer

On a scale of 1 (calm) to 10 (rage), how does my anger feel? What does each level look like for me?

1 2 3 4 5 6 7 8 9 10

Immediate Action: What will I do right away when I hit my red line? (e.g., walk away, go to safe space, stop talking/texting)

Remove Myself from The Situation: Where will I go to calm down? (e.g., bedroom, outside, car, quiet room)

Calming Tools: What strategies will I use to regulate myself? (e.g., deep breathing, hold ice, cold water, exercise, music)

Support Person: Who will I call if I cannot calm down within 15 minutes? (name, phone number)

Emergency Plan: If I'm in imminent danger, I will call 911 or go to the nearest emergency room. For immediate emotional support, I can call the 988 Suicide & Crisis Lifeline.

Signature: _____

Date: _____