



youth service bureau

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## Anger, Anxiety, and Depression Worksheet

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### ANGER

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Pros	Cons

How do you know when you're getting mad? List as many early warning signals as you can.

Ideas to make your anger level decline. List as many coping skills as you can.

#### Communication Skills – "I" Statements

Remember the last time you got mad. Think about how you really feel:

Feeling #1 \_\_\_\_\_

Feeling #2 \_\_\_\_\_

Feeling #3 \_\_\_\_\_

Use these rules to complete the following “I” statements: No name calling or accusing. Focus on expressing what you think and feel. Avoid using extremes, such as “always” or “never,” and don’t swear.

“I think \_\_\_\_\_”

“I feel \_\_\_\_\_”

“I want \_\_\_\_\_”

“I thought \_\_\_\_\_”

“I need \_\_\_\_\_”

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## DEPRESSION/ANXIETY

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What can you do to pick yourself up when you’re sad?

What can you do to help a friend who is showing signs of depression?

How can you make sure you’re doing things to make yourself feel good? Write down 3 positive activities you could participate in:

1.

2.

3.

Write down three nice words to describe you:

1.

2.

3.

Identify at least 5 strengths, talents or interests you have.

- 1.
- 2.
- 3.
- 4.
- 5.

Strategies to help you cope with anxiety are important. List at least 3 you can try:

- 1.
- 2.
- 3.