

## Catching Oneself

This worksheet is used for reflection purposes to help you recognize when they are acting or thinking in ways that lead to angry outbursts or a loss of control (Sommers-Flanagan & Sommers-Flanagan, 2015).

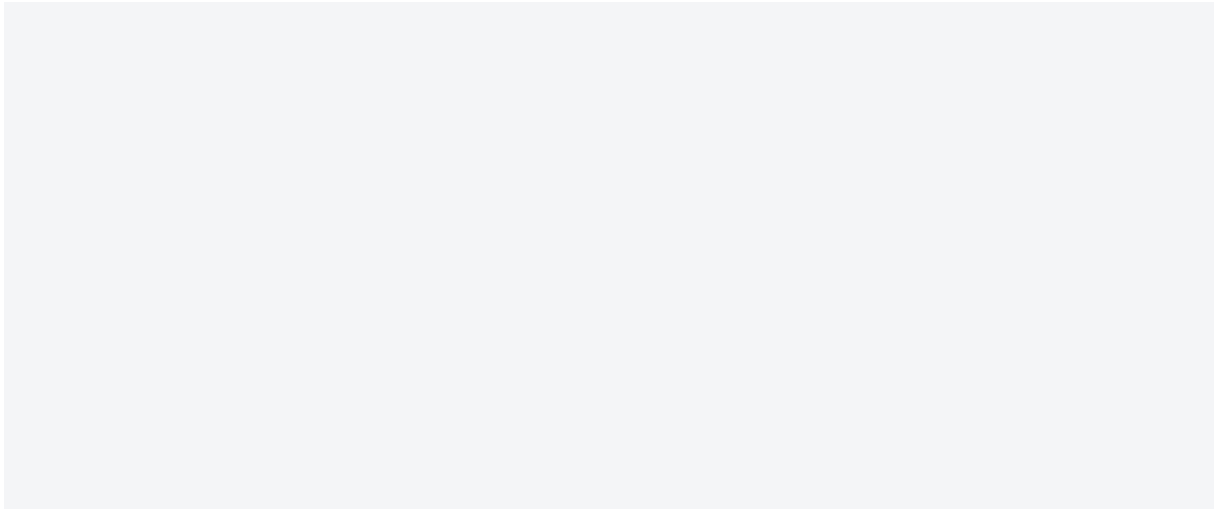
Think of times over the last week when they became angry or had an outburst:

**When was it? And what happened?**

**Has this happened before?**

**What typically triggers this sort of outburst?**

**What could you do to reduce the likelihood (or severity) of it happening?**



By better identifying when outbursts occur and why, you will become more able to avoid the situation or control your feelings.

### **References**

- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2015). *Study guide for counseling and psychotherapy theories in context and practice: Skills, strategies, and Techniques, 2nd ed.* Hoboken, NJ: Wiley.

Dr. Jeremy Sutton