

MEN'S ANGER TRANSLATION WORKSHEET

A 2-Minute Reset Tool for Men Who Want Clarity, Not Conflict

By Ricky C. Williams

STEP 1 — Identify the Trigger

What happened externally that set off your reaction?

Examples:

- “She said I don’t care about the relationship.”
- “He talked over me during the meeting.”
- “I felt ignored when I tried to explain myself.”

Write your trigger:

STEP 2 — Identify the Wound Beneath the Trigger

What did that moment touch inside you?

Examples:

- “My effort isn’t being acknowledged.”
- “I feel disrespected.”
- “My intentions are being misunderstood.”
- “I feel like I’m being blamed unfairly.”

Write the wound it touched:

STEP 3 — Translate Anger Into a Healthy Response

Example:

Reaction: "What are you talking about? I'm here every day! You don't appreciate anything I do!"

Healthy Response:

"When I hear that I don't care or that I'm not present, it hits me hard because I actually try.

I need acknowledgment for the effort I put in before we talk about what needs work."

Write your translated response:

STEP 4 — Personal Commitment Statement

Examples:

- "I will communicate the meaning behind my anger, not just the reaction."
- "I will slow down and express my need clearly."
- "I will speak from clarity, not defensiveness."

Write your commitment:

REMINDER FOR MEN

Anger is the protective emotion. When you translate it, you gain control instead of losing it.

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