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LISTS

The Top 10 Online Anger Management Resources, Ranked

To help you if your anger is out of control.

Kevin Brown Follow 11 min read · Aug 21, 2025

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If you've felt anger get the best of you, you're not alone. Many people have anger bottled up inside. Still others don't know how to handle their anger. Many learn to act aggressively. Much of the world's problems, like crime, divorce, and war start with anger.

Fortunately, there are anger management resources online, and courses can be budget-friendly if you're willing to get serious. I searched online for the top resources for beating anger, and the results left me providing meaningful responses.

Methodology

I searched on Google for resources created to help angry people. I used the terms, 'mental health resources for anger', 'online anger management resources,' 'anger resources', and 'anger management pdf'. For each keyword, I browsed through 10 pages of Web pages per search term, then identified resources with the word 'anger' in the page title, landing page, or site description.

From this exercise, I came up with a list of 20 resources. I tested each resource, concentrating on times when I was treated unfairly. My breathing rate increased, and I felt hostile towards others. I was angry, though, possibly, experiencing some degree of repressed anger.

I tested the resources, completing tasks, journal entries, and coping activities, spending 20 minutes on each resource, before created a scoring system for testing.

This is how I scored the results:

- No anger (10 points)
- Less anger (five points)
- More anger (minus five points)
- Much more anger (minus 10 points)
- No change at all. (zero points)

I also scored the resources to determine if they were very easy to use (10 points) easy to use (five points) difficult to use (minus five points,) or very difficult to use (minus 10 points). If my mood improved, I added an additional 10 points. If there was a tie, I ranked the tying results based on how easy they were to use. I added up the points for each resource, then ranked the top 10 results based on highest number of points.

The top 10 online anger management resources

There are plenty of resources on the Web devoted to anger management. The best I found were visually engaging. They had concepts explained so they were easy to understand. For almost every resource listed, I felt a boost in my mood and well-being. All the resources provided empowered me to act on my anger.

Here are the top 10 anger management resources, ranked.

10. 'Mindfulness for Anger Management' by Alison Courses

There are nine learning outcomes mentioned in this course. After taking a quick quiz, you'll be introduced to mindfulness. The chance to choose your preferred approach comes easy, all thanks to the short, bulleted descriptions and catchy headlines. It's a lot of information, and you probably don't need it all, but the important thing is to remember the basics of being mindful when angry.

My favorite part was the focus on loving-kindness meditation. This practice asks you to direct self-compassion and love back to yourself. I'd say it's among one of the best for eliminating severe anger. For every bitter, negative thought, you reply with a gentle, reassuring, nourishing response. The process softens the edges of anger, helping you to become at ease over time while concentrating on other meditations.

Grab the certification if you can, and this course delivers in terms of quality.

SCORE: 10 points

PROS: The hard look at meditation will give you a valuable tool in life.

CONS: You don't need all the information to practice mindfulness for anger.

9. The Anger Management Workbook by The Institute of Mental Health

In this gorgeous guide, the causes of anger appear prominently at the beginning. Soon, you'll see an anger tracking chart. Print it out and it'll help you see how you feel after acting aggressively. I thought this addition was nice because it proves anger doesn't help us feel better.

I also liked the section dedicated to someone else's anger. The guide provided tips, and a quick, step-by-step section on meditation. You can move quickly through these early sections and start to notice some of your anger start to subside.

Another section teaches you to develop 'I' statements when you're angry. I completed a round and felt a boost in my mood when I learned to stop blaming behaviors. I skipped through some of the information I knew, then came across a section with a list of quotes written in italics. You'll like these, as they serve as sweet little nuggets of positive wisdom, and the glossary at the end helped tie everything off nicely.

I suggest using this resource if you want a review and some meaningful tasks to complete without much difficulty.

SCORE: 10 points

PROS: Many memorable statements. More attractive visuals.

CONS: You might already be familiar with many of the concepts discussed.

8. 'Dealing with Anger' by Inner Heart Studio

Short sentences captivate us. They force us to accept the truth. This resource's opening was quick and to the point. It defined anger by telling me that it wasn't right or wrong, but my actions, however, could be wrong. Immediately, I felt accountable. I studied the coping tips that showed up at the perfect time. In the end, I was convinced the author of this resource was a true expert on anger.

You'll find a chart asking you to rank the situations causing you anger. This is where you'll see which situations are more of a problem than others. It's nice because when you look back, you may see some situations have increased or decreased in intensity. I completed the exercise and realized my anger was within my control. This prepped me for the parting advice at the end, which isn't too deep, but makes you feel like you have a friend rooting for you.

From top to bottom, this one's a winner. The results came down to the use of language, the balanced, instructional tone, and a writing style that made me feel like, *finally,* I'm not alone. Hopefully, you'll feel like me and benefit from this resource.

SCORE: 15 points

PROS: The author seemed to care about the readers. The resource feels encouraging and warm, but also direct and commanding.

CONS: A lot of work. Besides that, everything's done right.

7. The Anger Management Participant Workbook by The Substance Abuse and Mental Health Services Administration (SAMHSA)

This heavy resource sits apart from others. The reason? It's the sheer depth and complexity, which will keep you studying for months. The principals of anger management are covered in depth. You'll study cues, cognitive restructuring, and the importance of addressing anger in the family. There's also an amazing section on the habitual nature of anger. Feel free to dive deeper into your responses, which will serve as a powerful toolbox meant to help you identify harmful thought patterns.

Upon completing the above activity, I learned the truth: I was taking the easy way out by habitually using anger as a shield to protect myself from pain. And since this is not simply a resource, but the big book of anger management, you'll find dozens of opportunities for growth and transformation.

SCORE: 20 points

PROS: You'll cover everything you possibly could in this one resource

CONS: Not enough graphics

6. The Anger Problems Self-Help Guide by Moodjuice

This resource grounds the reader with an opening list of questions. Use these prompts to gauge if you have an anger problem. Then, a checklist introduces behavioral, thought, feeling, and physical symptoms. Here, you can pinpoint when your anger's out of control.

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I also liked the introduction section where anger is defined more clearly. You'll learn that the body's response is intended to protect you, and re-reading will help you realize your body *wants* to feel better.

For the section on causes, you'll see how you're making your anger worse. Clarity comes to life on the page when you create your own list. Likely, you'll see a trivial, though slightly complicated problem, but don't fret, this is when you'll want to challenge those unhelpful thoughts. Props to the authors for doing a nice job explaining with quick, bulleted descriptions. Cognitive distortions play a huge role in making anger worse, and this section is a big one for correcting unhelpful thinking.

Overall, the document provides a thorough, advanced anger management lesson, with an abundance of techniques for two weeks of semi-intense homework.

As a bonus, I should mention my journaling experience. It was rather straightforward. All I did was list the three terms I thought of first when considering what keeps my anger going. There's a section on this, too. My responses were 'stimuli,' physical discomfort', and "being hostile', and yes, the truth slapped me in the face. Immediately, I repeated the activity.

I'd say this resource is for you if you'd like to do some soul-searching. But be prepared to find out things that could rattle your nerves.

SCORE: 20 points

PROS: Reading about what makes anger worse made me feel better

CONS: The part on unhelpful thoughts is a bit long-winded.

5. A guide to 'Controlling Anger' by NHS Borders

This guide was well-organized, with many subheadings that had you sensing the logic behind the guidance. Graphics and charts connect with you, personally, on a deeper level, which makes reading feel like you're uncovering layers of your psyche. I especially liked the reference to anger as being the subject of an infinite cycle. As the graphic illustrates, anger evolves through thought, mood changes, physical sensations, and behavior. This cycle repeats, causing damage, which you'll see after scrolling down and entering as many angry thoughts as possible.

I'll admit, the thought recording section was a game-changer, mainly because of the placement of the activity. If you're engaged, you're less likely to hold back, and should be able to come up with a lengthy list. Mine circulated around what I perceived was taken from me, which seemed foreign once I put the thoughts on paper. I kept reading and spotted the patterns behind my thinking. I assure you, by the time you reach the section on balancing your thoughts, you'll be glad you took time to complete both exercises.

Everything, all the information, flows nicely in this booklet. I recommend giving it a shot if you're the methodical type. At the end, you're treated with a breathing exercise. This one works nicely because it instructs inhaling, holding your breath to the count of four elephants, then exhaling for the same count. It was satisfying to have a trigger word to guide my breathing.

SCORE: 20 points

PROS: The methodical delivery of information, and the added depth.

CONS: I would've liked to see the impact of the anger cycle on society.

4. The 'When is Anger a Problem' Worksheet by Therapist Aid

I liked this quick-hitter. It was simple, yet effective. It opens with a section on how anger affects others, so I added my response, soon accumulating more. Quickly, I realized I was the problem, and minutes later, I was checking out Therapist Aid's entire anger management library.

This resource stood out, however. After the first exercise, I could see my energy and time being wasted on anger. In the next section, I reflected on anger's impact on my work. Not my current work, my past work. Interesting enough, my notes revealed my anger was the problem back then, a bigger problem than I'd I thought. So, kudos to the authors for the question because it fits nicely into this worksheet.

As you read, keep your responses close, but be sure to add detail over time. Analyze how anger consumes you, how much it saps your strength. Think of the way anger rips apart your relationships. Equipped with a list, multiple conclusions should and most likely must emerge. Notice how your responses point to anger expressed aggressively, which not only hurts you, but others, which this download helps to illuminate.

SCORE: 20 points

PROS: Makes you confront how anger hurts others. Starting today.

CONS: You need to upgrade to access the fillable version.

3. 'Managing Anger' by Journey to Recovery

This resource was a huge help thanks to its introduction, which begins with an open-ended journaling prompt. You're asked to take a hard look at your anger and determine if it's associated with selfishness — my goodness, I saw the light when realizing I tend to get angry when not getting what I want. Take your time with this activity to see where your mind will take you. Doing so will ground you in this resource's main theme, which is the consequences and impact of anger expressed aggressively.

You'll want to know how frequently it happens, and when. A checklist helps you factor in where you're going wrong. I suggest writing about accepting responsibility for maximum effect.

Later, a list of anger management techniques appears at the perfect time. It's a healthy list, which helps with having a diverse toolkit of options. Then, the guide ends with one of the most powerful prayers of all: The Serenity Prayer, which I thought was beautiful and really helped to let me know what I was fighting for.

Think of this guide as your road map to peace, and your anger will decrease.

For reference, I tried out the checklist at the end, which provides statements to challenge angry thinking. These statements separated this resource from all the others. They're empowering, positive, and immediately retrain your mind to thinking proactively. Write some down to apply later, and your experience with this resource will have you sharing it with others.

SCORE: 25 points

PROS: The heavy focus on anger's consequences.

CONS: I was left wanting more.

2. The Anger Management Toolkit by Forward Leeds

Think you know anger? Try reading this resource with a lesson on misunderstandings. Then, see for yourself how well you know anger.

Better yet, check the early part of this resource to learn what happens when you feed anger, and reflect on whether you tend to justify hostility. The guide continues to explain the power of safe expression, distinguishing between what to say and what not to — all meant to keep your relationships peaceful.

Another section focuses on time-outs. Your partner can get involved with laying down the ground rules. There's also a contract section added for accountability. Further down, you'll see a list of anger management techniques, which are extensive and well-organized in a chart to aid with identification.

I completed the self-calming statements listed at the end. Eventually, I noticed the pressure lifting. The more the words soaked in, the more I felt like I was working on my anger. This is a great spot for you to make sure anger disappears for good, as you can close out with a mindfulness exercise to improve self-awareness.

SCORE: 25 points

PROS: Provides a closer look at overlooked aspects of anger.

CONS: None. A great, all-around resource

1. The Psychology Today Anger Management Test

I like wellness surveys. They help me reflect on my emotional regulation abilities. With this test, I was able to determine how angry I was. I realized my sense of calm was there, but I had repressed anger. There are 20 questions, each centering on an aspect of anger. As you scroll, you uncover a deeper level of your psyche. The results on the next page delivered, were short, quick, and helped me understand without the noise. The breakdown at the end is there to help you determine how well you manage anger, and where improvements could be made.

Another helpful function was the *Psychology Today* therapist database search tool that was embedded after the search results. If you're looking for help, you can learn here, then connect with a professional to get to the meaningful work.

A win for everyone involved, I'd say.

SCORE: 30 points

PROS: My self-awareness levels improved big time.

CONS: I wish the results had gone into more depth

These 10 anger management resources will help you understand anger. The workbook sections are well-organized, and there is guidance to help you perform.

If you ever find yourself getting angry, any one of these resources could help. So long as you remember that managing anger isn't easy, you'll remember to do your hardest work to change.

Kevin Brown is a freelance mental health writer. For more great stories, visit Kevin's website at www.kevinbwriting.com.

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Experienced freelance mental health writer. Nonfiction/fiction ghostwriter.
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Responses (1)

Write a response

What are your thoughts?

Shah Huzaifa
Aug 21

Totally agree—anger can sneak up on anyone, and it's easy to feel overwhelmed by it. I love how you break down the resources in such a practical way; it actually makes managing anger feel doable instead of intimidating. Definitely bookmarking this for when I need a reset.

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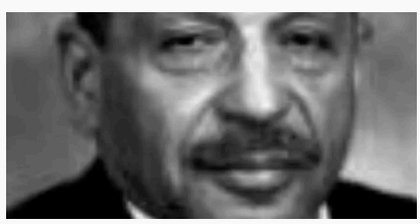

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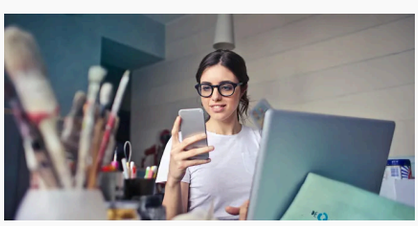

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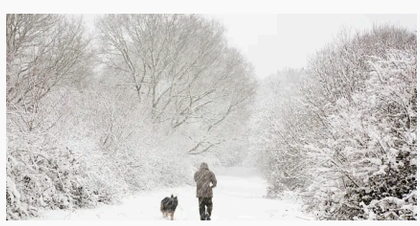

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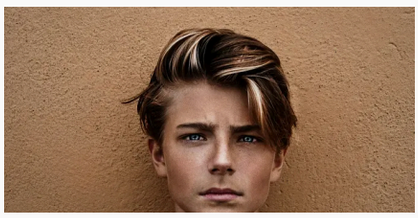

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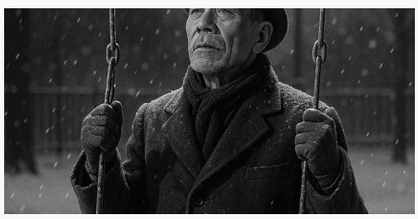

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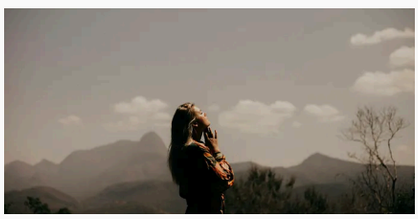

In Invisible Illness by Christie Sausa, MS

The Unexpected Ritual That Actually Calmed My AuDHD Mind

It takes five minutes a day, and I'm actually sticking with it.

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