FAQ

What does AIMS stand for?

■ AIMS stands for Anger and Irritability Management Skills.

Is AIMS for Anger Management only for people with PTSD?

■ No, AIMS for Anger Management was designed especially for those who have posttraumatic stress disorder, or PTSD, but it can be helpful for anyone coping with anger problems.

Do I have to be in treatment to use AIMS for Anger Management?

■ No. AIMS for Anger Management can be used by people who are not in treatment.

■ It contains information and tools to help manage anger and irritability.

■ If you do work with a health care professional, talk to them about how AIMS for Anger Management can be used to support your treatment.

Where does my information go?

■ When you use a VA mobile mental health app, no data that could be used to identify you is sent to VA or third parties.

■ Any information that you enter into the app, such as names, phone numbers, or images, cannot be accessed, stored, or shared by VA.

■ For more information, read the full privacy policy for mobile mental health apps: *www.ptsd.va.gov/appvid mobile/#privacy*

For more information about AIMS for Anger Management, please visit:

www.ptsd.va.gov/appvid/mobile/ aims_app.asp

Do you have any questions or concerns about AIMS for Anger Management? We would love to hear from you!

MobileMentalHealth@va.gov

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER
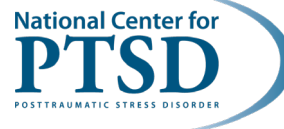
VA | U.S. Department of Veterans Affairs

AIMS FOR ANGER MANAGEMENT

AIMS for Anger Management is a mobile app that can help users cope with anger and irritability.
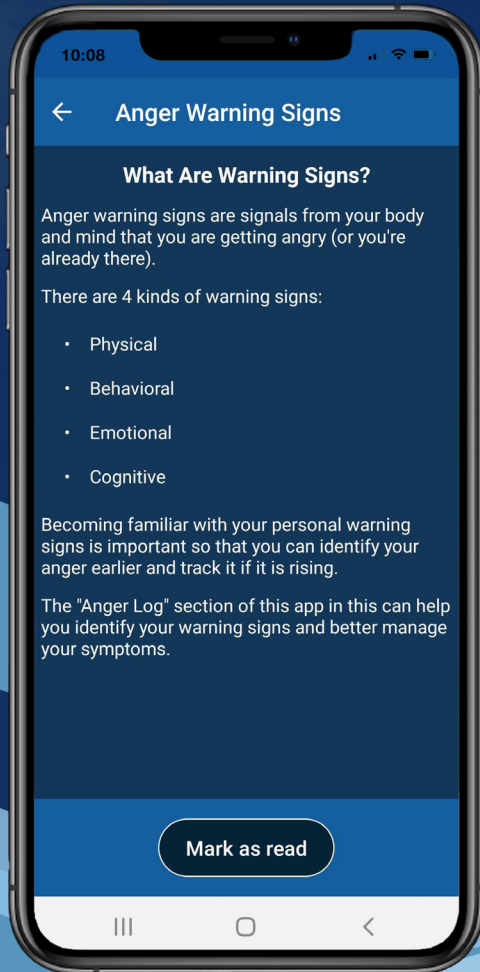
"It has already proven, over a short period of use, to be helpful to me in identifying what triggers my anger and what signs indicate growing anger before I have an outburst."
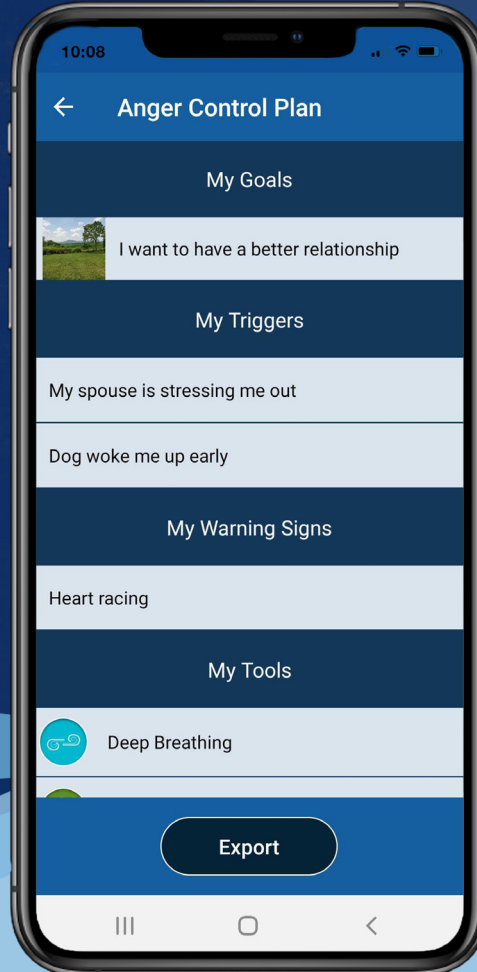
-AIMS for Anger Management User, 2020

Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

LEARN AND GET SUPPORT

Anger Warning Signs

What Are Warning Signs?

Anger warning signs are signals from your body and mind that you are getting angry (or you're already there).

There are 4 kinds of warning signs:

- Physical
- Behavioral
- Emotional
- Cognitive

Becoming familiar with your personal warning signs is important so that you can identify your anger earlier and track it if it is rising.

The "Anger Log" section of this app in this can help you identify your warning signs and better manage your symptoms.

Mark as read

- **Learn about anger and irritability, why it's important to identify triggers and warning signs, and how the Anger Control Plan can help you manage anger**

- **Connect with resources that offer additional help**

- **Add trusted contacts to call when you need support**

MAKE A PLAN

Anger Control Plan

My Goals

I want to have a better relationship

My Triggers

My spouse is stressing me out

Dog woke me up early

My Warning Signs

Heart racing

My Tools

Deep Breathing

Export

- **Create a personalized Anger Control Plan**

- **Set personal goals for controlling anger**

- **Identify anger triggers and warning signs to help stop your anger before it becomes a problem**

MANAGE ANGER

TOOLS

FAVORITES
Press & Hold To Update

- DEEP BREATHING
- MUSCLE RELAXATION
- THOUGHT STOPPING
- TIME OUT

Change Your Perspective

Grounding

Inspiring Quotes

Leisure Activities: Recharge in Nature

Leisure: Enjoy Time Alone

Leisure: Get Out Of The House

Mindfulness: Body Scan

Mindfulness: Clouds

Mindfulness: Leaves

Mindfulness: Walking

- **Manage anger and irritability with easy-to-access tools**

- **Use the Anger Log to monitor what triggered your anger and which tools helped you feel better**

- **Set reminders to complete your log and practice using tools**