

Name: _____



What is Helpful About my Anger?

- ❶ Does it relieve stress? Decrease negative moods?

Explain:

- ❷ Does it relieve pain, anxiety or guilt? Explain:

- ❸ Does it get the attention you were seeking? Explain:

- ❹ Does it make you feel good to punish others? Explain:

- ❺ Do you feel good about getting revenge? Explain:

- ❻ Do you feel good about making others do what you want? Explain:

- ❼ If you're upset, angry or hurting, do you feel others should hurt also?

Explain: