

Name: \_\_\_\_\_



# Reflecting on Anger

Think of a time when you were angry. Answer the questions below about that time.

- ① Describe exactly what caused you to become angry:**
  
  
  
  
  
  
  
  
  
  
- ② Describe how you were thinking when you became angry.**
  
  
  
  
  
  
  
  
  
  
- ③ Explain why you were thinking this.**
  
  
  
  
  
  
  
  
  
  
- ④ Describe the feelings you had.**
  
  
  
  
  
  
  
  
  
  
- ⑤ Describe how you responded and if it was reasonable or not.**
  
  
  
  
  
  
  
  
  
  
- ⑥ How did you feel after you responded?**
  
  
  
  
  
  
  
  
  
  
- ⑦ How could you have responded differently? How can you let go and not dwell on it?**