

Name: _____



Understanding My Anger

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

❶ Do you think you become more angry than others do? Why or why not?

❷ Do you anger quickly?

❸ Do you stay angry for a longer period of time?

❹ Do you have difficulty letting go of angry feelings?

❺ Does your anger make you feel like getting physical in negative ways?

❻ Does your anger hinder relationships with friends and or family?

❼ Does your anger make you feel negative most of the time?