

Name: _____



Work Through the Anger

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

- ① What made you angry?
- ② Where were you when you became angry?
- ③ Were others involved?
- ④ How long were you angry for?
- ⑤ How did you react to the anger?
- ⑥ Were others affected? If so, how?
- ⑦ In your opinion, was your anger justified, why or why not?
- ⑧ In your opinion, did you handle your anger well? Why or why not?
- ⑨ Could you have managed your anger better? Why or why not?