

Name: _____ Date: _____

Getting To Know Your Anger

Anger is a normal, human emotion. *It is intense.* Everyone gets angry and has a right to his or her anger. The trick is managing your anger effectively so that it will move you in POSITIVE, not negative, directions.

The first step in **ANGER MANAGEMENT** is to get to know your anger by recognizing its symptoms.

DO YOU . . .

physical	emotional	behavioral
<input type="checkbox"/> grit your teeth?	<input type="checkbox"/> feel like running away?	<input type="checkbox"/> cry/yell/scream?
<input type="checkbox"/> get a headache?	<input type="checkbox"/> get depressed?	<input type="checkbox"/> use substances?
<input type="checkbox"/> get sweaty palms?	<input type="checkbox"/> feel guilty?	<input type="checkbox"/> get sarcastic?
<input type="checkbox"/> get dizzy?	<input type="checkbox"/> feel resentment?	<input type="checkbox"/> lose sense of humor?
<input type="checkbox"/> get red-faced?	<input type="checkbox"/> become anxious?	<input type="checkbox"/> become abusive?
<input type="checkbox"/> get a stomachache?	<input type="checkbox"/> feel like lashing out?	<input type="checkbox"/> withdraw?
_____	_____	_____
_____	_____	_____

DOES YOUR ANGER . . .

<input type="checkbox"/> last too long?	<input type="checkbox"/> make you feel ill?
<input type="checkbox"/> become too intense?	<input type="checkbox"/> come too frequently?
<input type="checkbox"/> lead to aggression?	<input type="checkbox"/> flare up too quickly?
<input type="checkbox"/> hurt relationships?	_____
<input type="checkbox"/> prevent you from doing your work at home or at school?	_____
<input type="checkbox"/> creep out in mysterious ways?	_____

ANGER INVENTORY (Rate 1–5) Rank your anger in the following situations.

1—no annoyance	2—little irritated	3—upset	4—quite angry	5—very angry
<input type="checkbox"/> You've overheard people joking about you, your family, or your friends.			<input type="checkbox"/> You're in a discussion with someone who persists in arguing about a topic he or she knows very little about.	
<input type="checkbox"/> You're not being treated with respect or consideration.			<input type="checkbox"/> You've had a busy day and your parents/guardians greet you with complaints about what you haven't finished.	
<input type="checkbox"/> You're singled out for corrections while the actions of others go unnoticed.			<input type="checkbox"/> Someone is given special consideration because of his or her popularity, good looks, financial position, or family status.	
<input type="checkbox"/> You're hounded by a salesperson from the moment you walk into a store.			<input type="checkbox"/> Someone comments on your being overweight/underweight.	
<input type="checkbox"/> You're trying to discuss something important with someone who isn't giving you a chance to talk or express your feelings.				
<input type="checkbox"/> Someone offers continual, unsolicited advice.				

_____ **TOTAL**

Additional situations that spark YOUR anger.

. . . perhaps it's time to work on your anger management skills!

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