

Assess Your Anger

1. How am I feeling right now? (Check all that apply)

- Anxious Worthless Hostile Cynical
 Mean/evil Revengeful Bitter Resentful
 Frustrated Destructive Depressed Victimized
 Fear Denial

The first step in resolving an anger problem is to identify it as anger! The purpose of this step is to make anger more specific. No one can manage anger that is vague and ill defined.

Anger usually will involve five general areas.

- (1) Our anger at others.
- (2) Others anger at us.
- (3) Our anger at self.
- (4) Residual anger from the past, or
- (5) Abstract anger.

If you can identify specific facets of your anger, you will be in a better position to put your anger into a more manageable perspective

Focus on the specific incident which triggered the anger becomes more understandable and easier to manage.

2. What happened to make you angry? (List at least 2 things)

- 1) _____ 2) _____

3. Who am I angry at?

- My own self My spouse My boss My cancer
 God My life My treatment Other _____
(specify)

3. Consider the last time you were angry. How did the situation make me feel besides angry? (write in) _____

5. What about this situation angered me the most? (Check all that apply)

“There is nothing that I can do about it”

“I feel guilty”

“I feel inadequate to cope”

“I feel out of control”

Other (Specify)

6. What are steps you will use to control your anger in the next 7 days?

a. _____

b. _____

c. _____

d. _____

Adapted from Leonard Ingram, AngerMgmt. com

