

BEING ANGRY

1. Briefly describe the last two times you were angry.

a. _____

b. _____

For questions 2–12, your “a” answers should relate to situation “a” described in question #1, and your “b” answers should relate to situation “b.”

2. What led to, or contributed to, each situation?

a. _____

b. _____

3. How did you act? (Did you say anything? Were you aggressive? assertive? Did you do something physical? hurt anything or anyone? cry? yell? leave? withdraw? show your temper?)

a. _____

b. _____

4. How long did your angry feeling last?

a. _____

b. _____

5. Did you feel that something or someone was being unfair?

a. _____

b. _____

6. Did you feel that you were being attacked or invaded or harmed somehow?

a. _____

b. _____

7. Does this angry situation happen often for you?

a. _____

b. _____

(continued)

BEING ANGRY *(continued)*

8. Did you or someone else bring up “old garbage” that had nothing to do with the situation?
If so, what?

a. _____

b. _____

9. Is your anger about the situation done, or is it likely to come up again?

a. _____

b. _____

10. Did you “talk out” your anger later with someone who was not involved in the situation?

a. _____

b. _____

11. Have you discussed your anger with the person or persons involved in the situation?

a. _____

b. _____

12. If not, what would you like to say to that person or those persons?

a. _____

b. _____