

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

Additional situations that spark YOUR anger:

- You've overheard people joking about you, your family, or your friends.
- You're not being treated with respect or consideration.
- You're singled out for corrections while the actions of others go unnoticed.
- You're hounded by a salesperson from the moment you walk into a store.
- You're trying to discuss something important with someone, who isn't giving you a chance to talk or express your feelings.
- Someone offers continual, unsolicited advice.
- You're in a discussion with someone who persists in arguing about a topic s/he knows very little about.
- You've had a busy day and your parents/guardians greet you with complaints about what you haven't finished.
- Someone is given special consideration because of his/her popularity, good looks, financial position, or family status.
- Someone comments on your being overweight/underweight.

TOTAL

1 - no annoyance	2 - little irritated	3 - upset	4 - quite angry	5 - very angry
------------------	----------------------	-----------	-----------------	----------------

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

- creep out in mysterious ways?
- prevent you from doing your work at home or at school?
- hurt relationships?
- lead to aggression?
- become too intense?
- last too long?
- make you feel ill?
- come too frequently?
- flare up too quickly?

DOES YOUR ANGER ...

- get a stomachache?
- get red-faced?
- get dizzy?
- get sweaty palms?
- get a headache?
- grit your teeth?
- feel like running away?
- get depressed?
- feel guilty?
- feel resentment?
- become anxious?
- feel like lashing out?
- cry/yell/scream?
- use substances?
- get sarcastic?
- lose sense of humor?
- become abusive?
- withdraw?

physical

emotional

behavioral

DO YOU ...

The first step in **ANGER MANAGEMENT** is to get to know your anger by recognizing its symptoms. The trick is managing your anger effectively so that it will move you in **POSITIVE**, not negative, directions. Anger is a normal, human emotion. It is intense. Everyone gets angry and has a right to his/her anger.

