

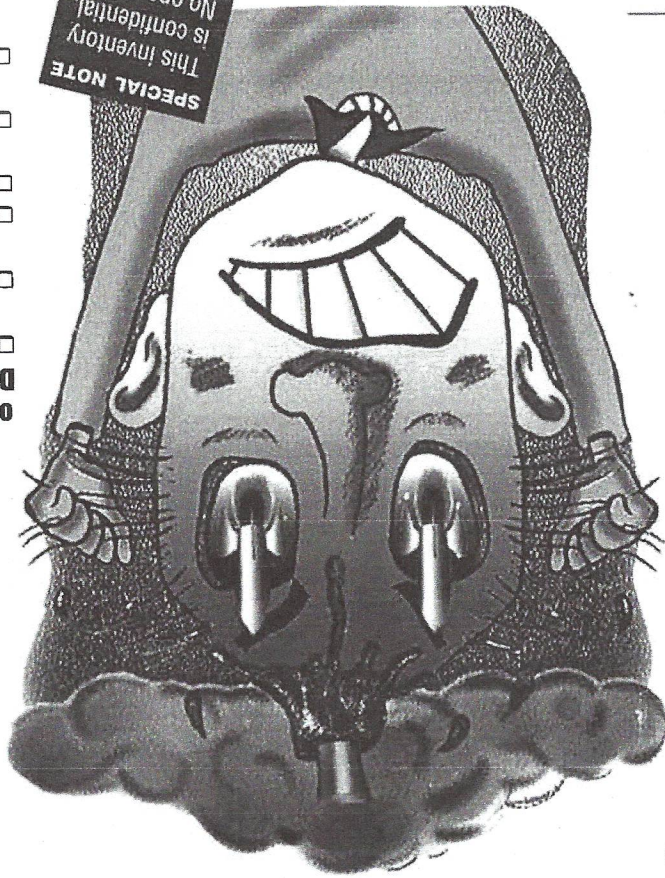
Anger Inventory

Everyone gets angry. Getting to know what triggers your anger and how you react can help you manage it in a positive way. Check any of the following boxes that apply to you and use the blank lines to add anything not listed here.

- What is your anger like? Does it...**
- last too long?
 - flare up frequently?
 - express itself even when you try to suppress it?
 - go away quickly?

- What is the outcome of your anger? Does it...**
- interfere with your job or relationships?
 - contribute to physical problems?
 - lead to accidents?
 - get you into legal problems?

- _____
- _____
- _____



- What do you do when you get angry?**
- clench your jaw
 - get a stomach ache
 - raise your voice
 - want to hurt someone
 - refuse to speak
 - want to get away
 - become verbally or physically abusive
 - sweat or turn red
 - get sarcastic
 - never get angry

- How do you feel when you get angry?**
- guilty
 - anxious
 - depressed
 - ashamed
 - withdrawn
 - don't feel it until later

What situations make you especially angry?

Are there people you have trouble dealing with when you're angry? Family members or employers often fall into this category:

PERSON

HOW YOU RESPOND