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How Do I Handle My Anger?

Name _____

1. List at least three situations that often make you angry.
2. Describe a time when you said or did something when you were angry that you later regretted.
3. Tell about a time you ignored the bad results of your actions and continued with the behavior even though it wasn't working.
4. Describe a situation where you would not let go of your anger even though your anger was causing more and more problems.
5. Tell about a time you continued thinking about a situation and became more and more angry even though the situation was over.

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Anger - One To Ten

Name _____

Many people with problem anger are sensitive and become angry over situations that people with normal anger ignore. Read each of the statements below and rate the level of anger you might experience on a scale of 1 to 10. (1 = no anger, 5 = aggravation, and 10 = rage.) Circle your level of anger.

1. Your mother asks you to empty the trash four times in 15 minutes.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

2. The teacher hasn't called on you even though you have raised your hand for the last five questions.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

3. A friend tells a very personal secret that you asked him/her not to tell.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

4. You have been working on a paper for school and the computer crashes.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

5. Your parents ground you for two weeks for being 20 minutes late.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

6. Someone you don't like breaks in front of you in the lunch line.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

7. A student grabs a paper you are reading out of your hand.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

8. You are watching a movie you are really enjoying and the cable goes out.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

9. You slip in the lunchroom and spill your tray. Everyone is laughing.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Anger Impact

Name _____

Identify the areas impacted by anger from your graph. List the area with the greatest impact first. Complete this activity for all areas affected at the “often” or above levels.

AREA _____ LEVEL OF IMPACT _____

Describe how anger is affecting your life in this area.

AREA _____ LEVEL OF IMPACT _____

Describe how anger is affecting your life in this area.

AREA _____ LEVEL OF IMPACT _____

Describe how anger is affecting your life in this area.

When I Control My Anger

Name _____

Areas of my life that are negatively affected by my anger now.

When I am in control of my anger, my life will be different.
These are the things I will do to control my anger.

When I am in control of my anger, I will no longer do these things.