

Anger Discussion

Complete the sentence — be honest with yourself



Name: _____ Date: _____

1 One thing that gets me more angry as I get older is:

2 I have displaced my anger toward:

3 It is OK for someone to get angry when:

4 It is NOT OK to ever get angry when:

5 I can lose control of my anger if:

6 The thing that helps me to calm down the most is:

7 One thing I have lost, or person I have hurt because of my anger is:

8 A situation where I can effectively manage anger is:

9 My biggest anger trigger is:

10 One past situation involving my anger that I wish I could have handled differently is:

11 I wish I didn't feel so angry when:

12 The scariest thing about my anger is:

13 People say that when I am angry I am like:

14 The feeling that is most often behind my anger is:

15 I get angry at myself when:

16 One thing that may be getting worse about my anger is:

17 One way I have made progress over the years with my anger is:

18 Someone, or something that has hurt me is:

19 Someone, or something that has helped me is:

20 One thing that I like about myself these days is:

 "Be angry, and do not sin: do not let the sun go down on your wrath." – Ephesians 4:26