Anger Discussion – Complete the Sentence:

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: