



### Anger Attitude Check – Agree or Disagree?

*Review and discuss the following as a group. There is not always a definitive “right or wrong” answer in each case. Rather the topics are meant to generate discussion about what anger is and what it is not:*

|   | Agree | Disagree |
|---|-------|----------|
| 1. It's not okay to feel angry  |       |          |
| 2. Anger is a waste of time and energy  |       |          |
| 3. The capacity to feel anger is natural  |       |          |
| 4. Anger can warn others that something is wrong and that they need to be careful   |       |          |
| 5. Good people don't feel angry   |       |          |
| 6. Anger is a signal that something is wrong, and we should listen to that signal   |       |          |
| 7. Awareness of our anger increases our awareness of ourselves and others           |       |          |
| 8. I should not feel angry when I do  |       |          |
| 9. I may lose control if I get angry  |       |          |
| 10. Anger can be appropriate at times   |       |          |
| 11. Anger is often the last emotion to resist numbness and despair                  |       |          |
| 12. The expression of anger can feel “good”   |       |          |
| 13. Anger can stimulate productive action   |       |          |
| 14. Other people should never feel anger toward me                                  |       |          |
| 15. Properly expressed anger can actually help relationships                        |       |          |
| 16. If others are angry at me then that means I must have done something wrong      |       |          |
| 17. If I feel angry then someone else made me feel that way                         |       |          |
| 18. If I feel angry toward someone close to me, that person has to change           |       |          |
| 19. When we lose someone, anger can be a normal part of the grieving process        |       |          |
| 20. If I feel anger toward someone, I must punish them for making me feel that way  |       |          |
| 21. When I feel angry, I often have to yell or break something                      |       |          |
| 22. I cannot be angry at someone and love them at the same time                     |       |          |
| 23. If someone else made me angry it is their responsibility to help me feel better |       |          |
| 24. Moral or righteous anger can be motivation to correct a wrong course            |       |          |



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|---|--|--|
| <b>25. If I feel angry at someone, it means the relationship needs to end</b>                 |  |  |
| <b>26. Anger management in relationships can be a gift of caring and love</b>                 |  |  |
| <b>27. Anger influences the decisions I make</b>  |  |  |
| <b>28. I sometimes feel guilty about my anger</b>   |  |  |
| <b>29. Anger can change my personality</b>  |  |  |
| <b>30. Some people never get angry</b>  |  |  |
| <b>31. I believe that I may have an anger problem</b>   |  |  |
| <b>32. What matters more than anger itself is how I choose to react and behave when angry</b> |  |  |
| <b>33. People can learn not to get angry in situations that used to make them angry</b>       |  |  |
| <b>34. It is possible to decrease anger in life and gradually become a less angry person</b>  |  |  |