



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: