



Anger Memories: Family

Review and Discuss the Following:

1. Think about your childhood: What did you learn about anger when you were a child?
2. What were you told about expressing anger?
3. How did you mostly express your anger *directly*?
4. How did you express your anger *indirectly*?
5. How did your mother (or mother figure) express her anger? **If you did not have a mother figure in your life how may have that impacted your anger?*
6. How did your father (or father figure) express his anger? **If you did not have a father figure in your life how may have that impacted your anger?*
7. How did your siblings express anger? **If you were an only child how may have that affected the way you experienced anger?*
8. How were you expected to express anger when at home?
9. How did you express anger outside of the home?
10. How did your friends express anger?
11. As you got older, did the way you expressed anger change? If so, how?
12. As a result of your experiences with anger growing up, what were some of the beliefs you held about anger?
13. In summary, considering everything discussed up until now, how do you think all of your past experiences with anger growing up, affect you today?