



## Anger Inventory

1. What is an area of chronic conflict you have with your child or children?
2. What about the situation makes you angry?
3. Is your anger helping you or hurting you in this situation?
4. What specifically do you want to change about the situation?
5. What do you usually do when you feel angry?
6. What are three alternative coping strategies you can use next time you feel guilty?
7. When is your anger valid and justified?