

When Is Anger A Problem?

Anger is a challenging emotion to cope with, and can cause serious consequences to a person's life when not handled appropriately. Anger is a powerful force, and it is triggered by other emotions, like fear, sadness, vulnerability, disappointment and anxiety.

Anger is an emotion. When our anger is strong enough, it can cause us to act out in rage. Rage is the behavior that is triggered as a result of your anger. Acts of rage include becoming verbally or physically aggressive or violent. These acts of rage do not always result in physical damage to a person, animal or property, but do cause psychological damage to yourself and the people and animals around you.

Directions: Answer each question by placing a checkmark under 'Yes' or 'No'. When you are done, review the results with your therapist.

Question	Yes	No
Are you ever angry and do not know why?		
Has your anger affected your relationships?		
Do you find that anger is easier to feel than other emotions?		
Do you struggle with racing or irrational thoughts during the day?		
Do you have a history of verbal, physical, emotional or sexual trauma or abuse?		
Do you feel angry most of the day at least 5 days a week?		
When you feel angry, can you feel it all over your body?		
Does your anger cause you act out in rage?		
Do you find yourself feeling angry at least 3 days per week?		
Do you become verbally or physically aggressive with people, animals or objects on a weekly basis?		
Do you have trouble controlling your anger and/or rage?		
Do you struggle with impulse control?		
Do you feel comforted or safe when you are angry?		
Do you struggle with other emotions, like depression or anxiety?		