

Healthy / Unhealthy Anger Worksheet

What is my goal in confronting my anger?

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Anger Reflection Questions:

When do I get angry?	
In what situations do I get angry?	
What are my external triggers?	
What are my internal triggers?	

Acting Out In My Anger

How do I act out due to my anger?	
Are there tangible consequences of my anger? What are they?	

Expressing My Anger

Do I ever repress my anger? Why?

Am I ever ashamed of my anger? Why?

Outcomes Of My Anger

Do I see positive outcomes to my anger? How do I feel about that?

What positive outcomes do I see?

Do I feel my anger is warranted? Explain.

What values were trampled on that made me angry?

Do I feel these values are important enough to uphold? Why?