

ANGER QUESTIONNAIRE

Please answer the following questions and be as honest as you can.

1. Complete this sentence:

Anger is.....

2. Describe the situation the last time you got angry.

3. Describe the most angry moment in your entire life.

4. In what other situations do you get angry?

5. How do you feel when you are angry?

- What do you hear?
- What do you see?
- What do you think?
- What do you taste or smell?
- What do you experience in your body?

6. How did you express anger as a child?

7. List the different ways you deal with anger.

8. Do you ever use anger as a weapon against others? Describe.

9. What benefits do you get from anger?

10. How would someone know when you are angry?

11. What messages did you get from your father about anger?

12. What messages did you get from your mother about anger?

13. Who in your family expresses anger the same way as you?

14. Who in your family expresses anger differently than you?

15. How do you feel when someone else expresses anger or resentment?

- What do you hear?
- What do you see?
- What do you think?
- What do you taste or smell?
- What do you experience in your body?

16. List 3 positive ways you can think of to deal with anger.

17. If you could make any change you wanted in the way you handle anger what would it be?