



LOOKING BACK: A Self-Reflection

Anger Management Worksheet

How do you feel about anger? Is it a negative thing? Can it be used positively?

What situations or issues make you angry? Why do they make you angry? Does anger help to resolve these situations or issues? If anger does help to resolve it, how does it do so? List a few things in life that make you angry:

1. _____
2. _____
3. _____

List a few specific situations in your past in which you got angry:

1. _____
2. _____
3. _____

For each of these situations, what caused you to get angry? What did the other person(s) do or say to make you angry? Do these situations correspond with your answer to the previous question? Was anger a positive or negative force here? Could the situation be resolved without anger? Did you experience regret or guilt?

Anger can be expressed in many different ways. List below the ways in which anger can be internalized. Are these constructive or unconstructive?

1. _____
2. _____

List below the ways in which anger can be outwardly expressed. Are these constructive or unconstructive?

1. _____
2. _____

How do you express your anger? Do you express it in the ways you listed above? Do you internalize or deny it? Do you diffuse it? Do you let it out? How does this make you feel?

