

ANGER QUESTIONS

Answer these questions to explore your anger!



WHAT WOULD THINGS LOOK LIKE IF YOU WERE ABLE TO CONTROL YOUR ANGER?

WHAT'S THE WORST THING YOU'VE SAID OR DONE WHEN YOU WERE ANGRY?

WHAT ARE YOUR TOP FIVE ANGER TRIGGERS?

CAN YOU TELL ME ABOUT A TIME YOU HANDLED YOUR ANGER IN A HEALTHY WAY?



HOW DO YOUR FAMILY MEMBERS COPE WITH THEIR ANGER?

DO PEOPLE TREAT YOU DIFFERENTLY BECAUSE OF THE WAY YOU HANDLE ANGER?

HOW HAS YOUR ANGER IMPACTED YOUR FRIENDSHIPS?



WHAT HAPPENS TO YOUR BODY WHEN YOU START TO FEEL ANGRY?

WHAT THINGS MAKE YOUR ANGER WORSE?



DO YOU THINK YOU'LL EVER BE ABLE TO CONTROL YOUR ANGER?



HOW DO YOU THINK YOUR ANGER COULD IMPACT YOU IN THE FUTURE?

WHAT ARE SOME THINGS THAT YOUR ANGER HAS KEPT YOU FROM DOING?

WHAT CONSEQUENCES DO YOU USUALLY RECEIVE BECAUSE OF YOUR ANGER?



WHAT ARE SOME OTHER FEELINGS YOU EXPERIENCE WHEN YOU'RE ANGRY?

WHERE DO YOU FEEL ANGRY THE MOST?



HOW HAS YOUR ANGER IMPACTED YOUR RELATIONSHIP WITH YOUR SIBLINGS?



WHAT KIND OF THOUGHTS GO THROUGH YOUR HEAD WHEN YOU'RE ANGRY?

ARE THEY MOSTLY POSITIVE OR NEGATIVE?

WHAT WAYS HAVE YOU TRIED TO COPE WITH YOUR ANGER?



WHAT WORKED THE BEST?



WHAT DIDN'T WORK AT ALL?

WHAT ARE SOME OTHER COPING SKILLS YOU THINK MIGHT BE HELPFUL?



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Anger Management Questions And Answers

Didier Musso



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