

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

B. T. Swami



Anger Management Questions And Answers:

The Enigmatic Realm of **Anger Management Questions And Answers**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Anger Management Questions And Answers** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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