Understanding Anger

Directions: Please respond to the following questions as honestly and fully as possible.

1. Can you recall the last time you were angry? If so, describe the physical behaviors you exhibited at the beginning, height, and end of your anger.

2. Try to describe what was going on inside you the last time you were angry. What were you thinking? Feeling?

3. What was the impetus for your anger? Why did this make you so angry?

4. How long were you angry? What finally calmed you?

5. Describe the results of your anger. Did it solve the problem? Worsen the problem?

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