

Anger Inventory

Everyone gets angry. Getting to know what triggers your anger and how you react can help you manage it in a positive way. Check any of the following boxes that apply to you and use the blank lines to add anything not listed here.

What do you do when you get angry?

- clench your jaw
- get a stomach ache
- raise your voice
- want to hurt someone
- refuse to speak
- want to get away
- become verbally or physically abusive
- sweat or turn red
- get sarcastic
- never get angry
- _____
- _____
- _____

How do you feel when you get angry?

- guilty
- anxious
- depressed
- ashamed
- withdrawn
- don't feel it until later
- _____
- _____



What is your anger like? Does it...

- last too long?
- flare up frequently?
- express itself even when you try to suppress it?
- go away quickly?
- _____
- _____
- _____

What is the outcome of your anger? Does it...

- interfere with your job or relationships?
- contribute to physical problems?
- lead to accidents?
- get you into legal problems?
- _____
- _____
- _____

SPECIAL NOTE
This inventory is confidential. No one should see it but you.

What situations make you especially angry?

Are there people you have trouble dealing with when you're angry?

Family members or employers often fall into this category:

PERSON

HOW YOU RESPOND

_____	_____
_____	_____
_____	_____