

ANGER



What makes you angry?

- Diabetes
- Work
- Family
- Life is unfair
-

- _____
- _____
- _____
- _____
- _____



How do you feel when you start to get angry?

- Skin feels hot
- Sweaty
- Clinch your fists
- Anxious
- Want to run away
- Like you will explode

- _____
- _____
- _____
- _____
- _____

What do you do when you are angry?



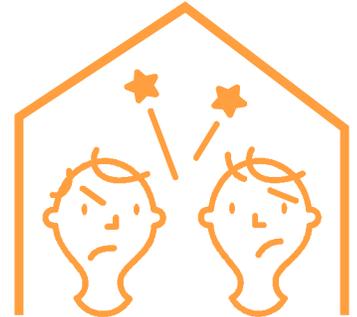
- Talk loud or yell
- Use bad language
- Fight
- Use drugs or alcohol
- Become abusive
- Become quiet or withdraw

- _____
- _____
- _____
- _____
- _____

ANGER Worksheet 2



Does your anger:



- Cause problems at work
- Cause problems in your family
- Happen too much of the time
- Keep you from doing things you want to do
- _____
- _____

How do you or could you take charge of your anger?

- Talk slowly and quietly
- Take some slow deep breaths
- Get a drink of water
- Sit down
- Walk away until calm
- _____
- _____



Does dealing with anger need to be a part of your Action Plan?

Would keeping a journal help to find the things that add fuel to your anger?