

Beliefs about Anger (True or False)

1. **True or False** I need anger to feel alive.
2. **True or False** Anger is a waste of time and energy.
3. **True or False** I don't recognize when I'm angry.
4. **True or False** Feeling angry is essential.
5. **True or False** We should control anger, or just forget anger.
6. **True or False** I might not practice if I get angry at them.
7. **True or False** I sometimes feel bad because I don't get angry.
8. **True or False** Other people should never feel angry towards me.
9. **True or False** If other people get angry at me, we must have done something wrong.
10. **True or False** The way that I feel leads to someone else feeling no anger.
11. **True or False** If we feel angry with someone, we should avoid that person (or talking to them).
12. **True or False** If we feel angry, we should have a drink or smoke.
13. **True or False** If we feel angry with someone, it means we don't love that person anymore.
14. **True or False** If we feel angry, we have to let someone or something off our shoulders.
15. **True or False** It is okay to feel someone that we are angry with later.
16. **True or False** If someone feels angry with us, it means that person doesn't love us anymore.
17. **True or False** If we feel angry with someone, they have to change who they are or what they did so that we don't feel angry anymore.
18. **True or False** I want to feel when I get angry.
19. **True or False** It is okay to talk about your anger.
20. **True or False** I might wish that people are not