

## Anger Worksheet

### **I. THE INCIDENT**

What kind of relationship do you have with the person you are accused of fighting with? (Friend, enemy, ex-friend, someone you see occasionally)

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How do you think the other person was feeling during the incident?

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Looking back, why do you think the other person acted as they did?

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Who did you affect (besides yourself) by your behavior?

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What things could you do now to make things better with the people that you have affected by your behavior?

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Would you want to make things better with those people?

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### **II. THINKING ERRORS**