

### Anger Worksheet

**The Incident**

What is your relationship with the person you are accused of arguing with? (Partner, relative, friend, colleague)

In your opinion, how do you think the person you fought with felt during the incident?

In hindsight, why do you think the other person acted in the way they did?

Apart from yourself, who did your behaviour affect?

How can you resolve things with the people who have been affected by your behaviour?

Would you want to resolve things with those people?

Have you ever thought back and wondered what you were thinking just before an incident occurred in which you got in trouble? Our thoughts affect how we feel, which affects how we will act. Even though our actions are what we get punished for, it is our thoughts that create the trouble in the first place.

**Thinking Quiz**

Next to each statement write SA for strongly agree, A for agree, D for disagree and SD for strongly disagree.

- In the majority of situations I am in, the other person started it, and I couldn't help it
- \_\_\_ I could not have done anything differently to prevent the situation
  - \_\_\_ I do not hurt other people's feelings
  - \_\_\_ It is ridiculous for people to get upset if I say mean things about them
  - \_\_\_ I am careful to think about how the other person must be feeling
  - \_\_\_ I do not like "boring" things and most of the time will refuse to do them
  - \_\_\_ I frequently forget to complete tasks I am set
  - \_\_\_ If a person does not give me what I want, I will take it myself
  - \_\_\_ People should trust me, but I usually do not trust them
  - \_\_\_ Usually when I think something is going to happen, it does
  - \_\_\_ If things do not happen as I expect, I get very angry
  - \_\_\_ I ensure I have all the facts before making a decision
  - \_\_\_ I make quick decisions, based on my feelings at the time
  - \_\_\_ I often refuse to back down, even on little points
  - \_\_\_ When I consider my future, I have thoughts of tremendous success, but I often do not think of the steps involved in achieving that success.
  - \_\_\_ I hate being anything less than #1
  - \_\_\_ When people criticise me, I do not let it affect me, but will either ignore it or learn from it.
  - \_\_\_ I am not afraid
  - \_\_\_ Fear can be constructive
  - \_\_\_ I can control people with my anger
  - \_\_\_ I do not get mad, I get even
  - \_\_\_ I sometimes use threats, intimidation, or sarcasm to deal with people.
  - \_\_\_ I feel good when I overcome or have power over other people

Now study the following chart: (Based on research by Stanton Samenow)

Good Thinking	Thinking Error
1. I am responsible for what I do and say.	1. Someone else causes me to act the way I do.
2. I accept that if I refuse to do something there may be consequences.	2. I say "I can't" when I do not want to do something.
3. I know that my behaviour can hurt others, including their feelings.	3. I do not hurt other people; they just claim that their feelings are hurt.
4. I do not want to hurt others because I do not like feeling hurt.	4. I do not care how other people feel or if I hurt them. Life is a game anyway.
5. Life is not all fun and games; sometimes you have to do boring or difficult tasks.	5. I hate having to do boring tasks, or hard work, so I avoid them.
6. Everyone should play by the rules and do the things they are obligated to do.	6. I hate rules and "must-dos" and refuse or ignore them.