
Anger Management Worksheet 4-1: Naming Types and Variations of Anger (Skill 4)



This worksheet increases your awareness by pinpointing the exact type or variation of your anger in 2 ways: what you felt **then** (in the situation) and what you feel **now** while you are thinking about and remembering the situation. **Steps 1:** Circle the words below that accurately complete the following sentence for you. Blank lines are provided for writing in words not in the list. **During the situation that I am remembering, the words that best describe my anger are:**

Annoyed	Antagonized	Betrayed	Enraged
Irritated	Affronted	Disgusted	Furious
Frustrated	Resentful	Incensed	Seething
Miffed	Galled	Exasperated	Infuriated
Provoked	Pissed	Steamed	Violent
Pestered	Insulted	Outraged	Explosive
Stung	Harassed	Pissed off	_____
_____	_____	_____	_____

Step 2: Now put a star by the words for what you feel now, in this moment, while you are remembering.