



# What is helpful about my anger?

Does it relieve stress? Decrease negative mood? Explain!

Does it relieve pain, anxiety, or guilt? Explain!

Does it get the attention you were seeking? Explain!

Does it make you feel good to punish others? Explain!

Do you feel good about getting revenge? Explain!

Do you feel good about making others do what you want? Explain!

If you're upset, angry, or hurting, do you feel others should hurt also? Explain!