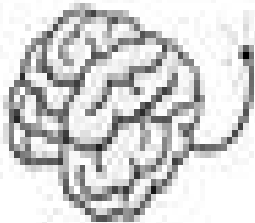


## Anger Management Worksheet 4-1: Naming Types and Variations of Anger (Skill 4)



The worksheet increases your awareness by pinpointing the exact type or variation of your anger in 2 ways: what you feel **then** (in the situation) and what you feel **now** while you are thinking about and remembering the situation. **Step 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	Abused	Disputed	Furious
Frustrated	Resentful	Injured	Scolding
Hurt	Guilt	Exasperated	Infuriated
Provoked	Proud	Deceived	Wired
Humiliated	Insulted	Outraged	Explosive
Stung	Harmed	Pissed off	_____
_____	_____	_____	_____

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