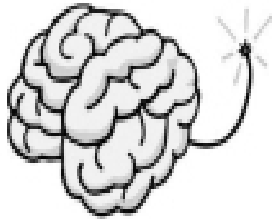

Anger Management Worksheet 4-1: Naming Types and Variations of Anger (Skill 4)



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.**