

Anger Worksheet

I. THE INCIDENT

What kind of relationship do you have with the person you are accused of fighting with? (Friend, enemy, ex-friend, someone you see occasionally)

How do you think the other person was feeling during the incident?

Looking back, why do you think the other person acted as they did?

Who did you affect (besides yourself) by your behavior?

What things could you do now to make things better with the people that you have affected by your behavior?

Would you want to make things better with those people?

II. THINKING ERRORS