

Name: _____

Date: _____

ANGER BEHAVIOR

Give a check mark to how often you show these behaviors when angry.

usually sometimes never

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posting on social media

☐☐☐

backtalking

☐☐☐

hitting or punching things

☐☐☐

throwing objects

☐☐☐

using threatening words or actions

☐☐☐

slamming doors

☐☐☐

making comments under breath

☐☐☐

swearing or using foul language

☐☐☐

shutting down or withdrawing

☐☐☐

yelling and screaming

☐☐☐

avoiding the other person

☐☐☐

name-calling or insulting

☐☐☐

hurting others physically

☐☐☐

crying

☐☐☐

making insulting gestures

☐☐☐

walking or running away