

UNDERSTANDING YOUR ANGER

What are you feeling angry about? (Sometimes we can feel angry about more than one thing, so to start with take time to think about what makes you MOST angry.)	
Level of anger. On a scale of 1-10 With 10 being the highest level of anger; how angry do you feel right now?	
How are you experiencing your anger? Do you feel quietly angry? Or do you want to shout, or express it physically?	
How is the anger impacting your daily life?	
Are there any external factors impacting how angry you feel? If so, what can you do to reduce them?	
What do you do when you are feeling angry? How do you express your anger?	
Do you have any support networks to talk to or support you when you are feeling angry?	
If you were to wake up tomorrow, and not feel angry, what difference would that make to you?	
What 3 things can you do to release your anger at the moment?	
What would life be like if you were able to let go of your anger?	