

ANGER INVENTORY

The purpose of this inventory is to help you pay attention to your anger, so you can use it to address the situation causing it. Answer as many questions as you can, but not all questions will apply in every situation.

Paying attention to anger

1. Very briefly describe the situation, if you can:

2. On a scale of 0-100 (100 is the most angry), how angry am I right now?

0 - - 25 - - 50 - - 75 - - 100

3. Am I angry at myself or someone else (or both)?

4. What emotions are connected to that anger (hurt, disappointment, fear, etc)?

5. Has the anger turned into something else (like rage or bitterness)?

Identifying the source of the anger:

6. Is there an area where I don't feel safe or free to be completely me?

7. Are there needs not being met (emotionally, physically, spiritually, financially, etc)?

8. Am I making the situation worse for myself in some way?

Addressing the situation causing the anger:

9. What one step can I take to address *the situation causing my anger*?

10. If I've tried to address the situation already, is there a different way to address it that might help?

11. Do I need someone else's perspective or help to address the situation or anger (therapist, friend, etc)?