

Anger Inventory

While we were still children, many of us made choices about the way we were (or were not) going to relate to our feelings. These early decisions may still be shaping your emotional life today. Answer the following questions about your childhood experiences with anger. If you didn't grow-up with a mother and/or a father, substitute the name of someone who took care of you when you were growing up.

When my mother got angry, she

When my father got angry, he

When _____ (another household or family member) got angry, he/she

When I got angry (as a child), I

Based on my experiences while growing up, I think the following about anger

Now, when I get angry, I

Now, when someone else gets angry with me, I

Taylor & Tran, 2000 (Modified from unknown source.)