

## Anger Inventory

As children our parents were our models; teaching us through their behavior as well as through their words. Our present ways of relating to and expressing our emotions are often a result of the modeling of our parents. This worksheet is provided to help you examine the teachings that came from your parents and other adult role models. If there were not parents in the home, please substitute the name of a significant other who took care of you and modeled adult behavior.

When my mother got angry she:

When my father got angry he:

When \_\_\_\_\_ (another adult) got angry he/she:

When I got angry as a child I:

Based on my experiences while growing up I think about anger in the following way:

Now, when I get angry, I:

Now, when someone gets angry with me, I: