

Personal Costs of Anger

In the spaces provided below, write a brief description of how anger has impacted you in each area. Put an asterisk (*) by any item that feels like a crucial reason for you to learn more about anger management.

How has anger impacted your work relationships?

How has anger impacted your relationships with your family or origin (parents, siblings, etc.)?

How has anger impacted your present relationship, intimate relationships, and/or romantic relationships?

How has anger affected your relationships with your children?

How has anger affected your friendships (lost friends and strained relationships)?

How has anger harmed people who aren't family or friends (include names of people hurt by your anger)?

How has anger affected your health and physical well-being (stress-related illnesses and discomfort)?

How has anger endangered you (reckless driving, physical fights, hurting self, legal problems)?

How has anger affected you financially (bad decisions, broken or damaged goods)?

How has anger affected you spiritually (include behavior that goes against your personal ethics or sense of right and wrong)?