

Name _____

Anger Inventory

While we were still children, we made choices about the way we were (or weren't) 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.

When my mother got angry, she _____

When my father got angry, he _____

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

When I got angry, _____

As a result of my experience while growing up, I made the following decisions about anger _____

When someone gets angry at me now, I _____

When I get angry at someone, I _____

I'm angry at myself for _____

I've turned anger in on myself by _____

Turning anger inward has had the following consequences: _____

I've misdirected my anger toward others by _____

I used anger effectively when I _____

Ways anger has been empowering to me: _____

I'd like to use my anger to _____

Name _____

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If I really got in touch with my anger, I'm afraid I would:

I can't get angry because:

What's the difference between anger and violence?

Can I imagine nonviolent anger? What would it be like?

Is violence ever justified? Why or why not?

Are my fears about anger realistic? Why or why not?

What keeps me from getting angry? From controlling it?

What keeps me from directing my anger at the source?

From: The Courage to Heal Workbook by Laura Davis