

## THE ANGER QUESTIONNAIRE

This questionnaire is designed to help you understand what you learned about anger as a child. It will help you describe how you utilize anger now and then facilitate you defining clearly how you want to express angry feelings, and how you would like to receive your angry feelings from others.

1. Anger is:
2. When you were growing up, what did your mother do with anger? Your anger?
3. When you were growing up, what did your father do with his anger? Your anger?
4. As a child, what did you decide about expressing your angry feelings?
5. In the present, what do you do when you are angry with someone else?
6. Are you satisfied with how you resolve your anger with other people?
7. What do you want to change within yourself so you will feel good about how you resolve anger with others?
8. Take a few moments to fantasize an ideal disagreement between you and another person. Describe it in detail. Include setting, tone of voice, actual words said.
9. Are you ready and willing to change how you resolve anger?
10. Describe behaviorally the change you will make.
11. Describe behaviorally the change you would like this other person to make.