

## **UNDERSTANDING ANGER**

Ron Wiebe

Prague, Czech Republic November 2001

1. What are the stressors, tears, and frustrations that are at the bottom of your anger?
2. Triggers: What do you think to say to yourself that increases anger?
3. Is anger effective in getting others to do what you want them to do? Explain.
4. What are more effective techniques you can use to get what you want and need?
5. What are resources or sources of support you utilize when you are feeling angry?
6. What are you going to do differently to manage anger? How can you decrease or eliminate feelings of anger?
7. Are there things that you need to limit or eliminate from your life (obligations, relationships, saying yes to everyone etc?)
8. How can you get what you want and need through compromise and problem solving?