

# Anger Management Worksheet

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*Before learning to control your anger...*



[www.professional-counselling.com](http://www.professional-counselling.com)

*... you need to know what causes it!*

## What might be making you angry?

To help you figure this out, really think about the questions below. Take your time to answer them carefully, and don't just dismiss any that don't *seem* to be relevant to you. Without even realising it, you may be in the habit of ignoring the signs and symptoms of a problem. But unless you know what the problem is, you won't be able to fix it!

So answer the following questions as honestly as possible - after all, there's nobody looking over your shoulder :-)

### *Uncovering what's below the surface*

1. When was the first time you lost your temper? When was the last time you lost it? And when was the worst time?

2. Do you remember being more easily irritated or frustrated in childhood and/or adolescence than other children/teenagers?

3. What is your attitude towards other people generally? (Where do you see yourself on the scale between being empathetic and super-judgemental?)

4. Have you been deeply wounded by someone and/or something that's happened? What happened?

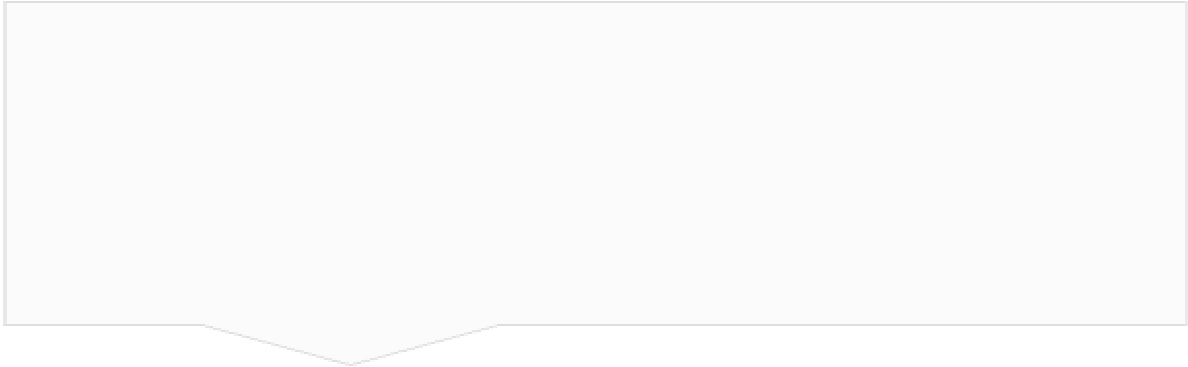
5. Have people you love been deeply hurt? If so, what happened and to what extent have you got over it?

6. Have you been unfairly treated? If so, what happened and to what extent have you got over it?

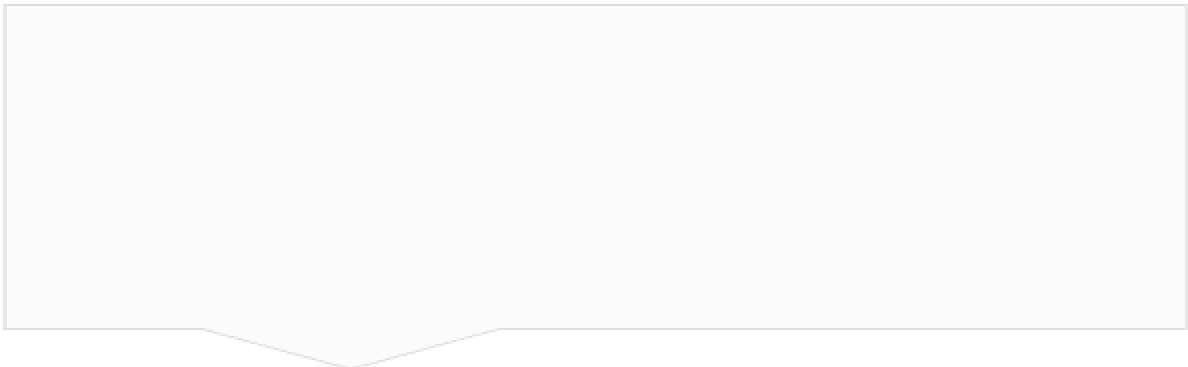
7. Have you been badly let down by someone? If so, what happened and to what extent have you got over it?

8. How often have you got angry for no apparent reason? What happens each time?

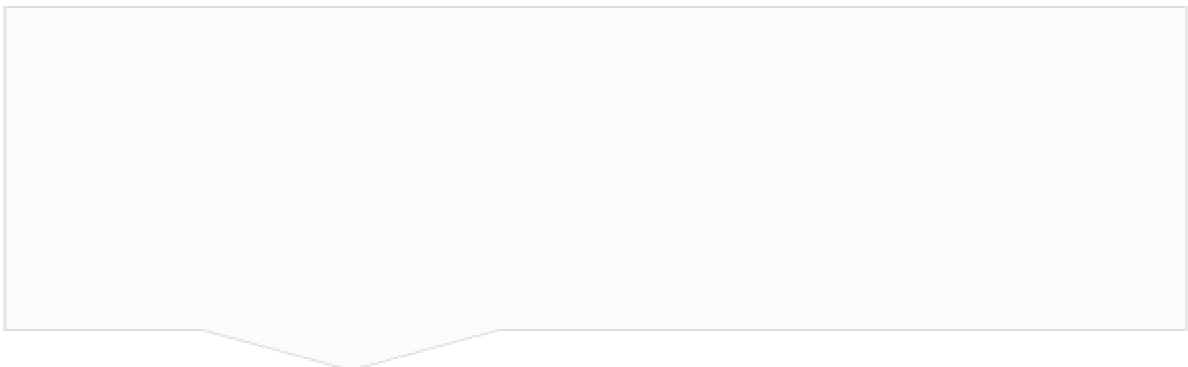
9. What do you know about your family history in relation to aggression and violence?



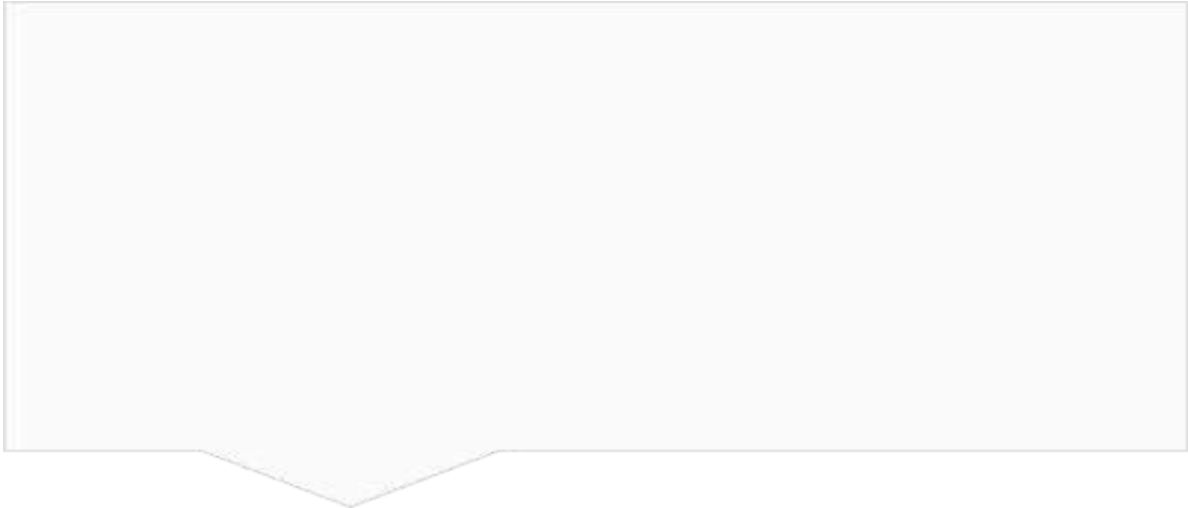
10. To what extent are you feeling depressed, if at all?



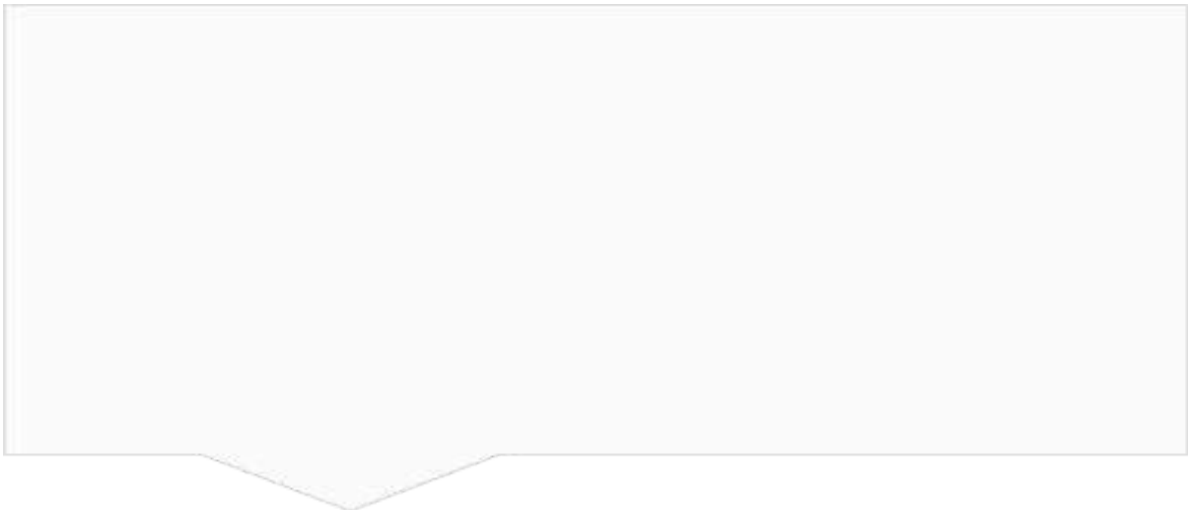
11. How stressful do you consider your life to be? Why is that?



12. Are you having relationship problems? If so, write a little about what's happening.



13. Describe how well (or badly) you've slept in the last 7 days.



14. Are you having problems at work?

15. Could you be suffering from a post-trauma stress reaction? E.g. after a work-related incident, an accident or from growing up in a violent environment?

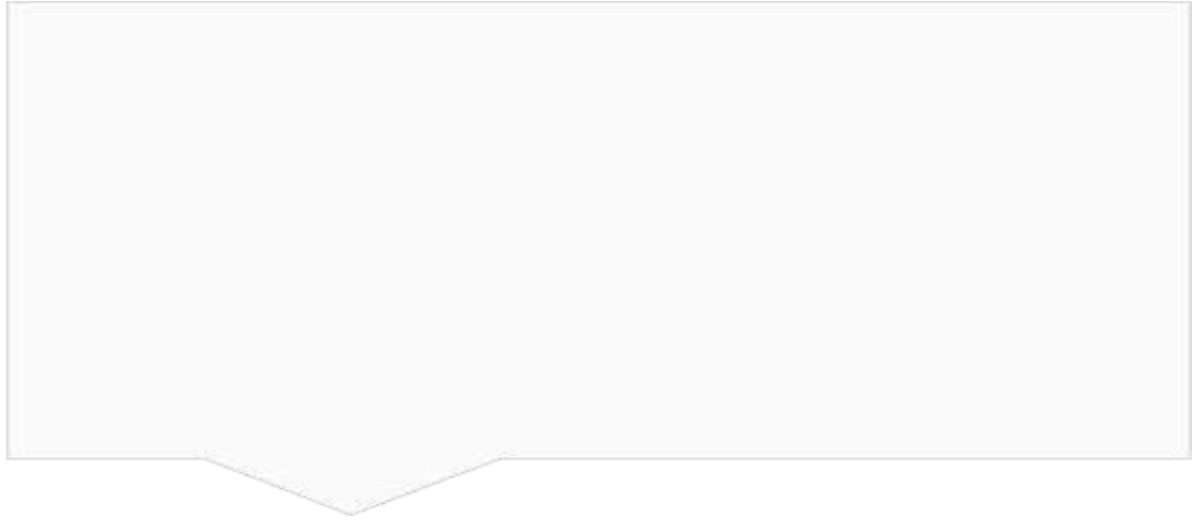
16. Do you suffer from low self-esteem and often feel criticised?



17. Could you be suffering from fluctuating blood-sugar levels? Have you been tested for diabetes? (A low-blood sugar level can make you super irritable!)

18. Describe your general state of health.

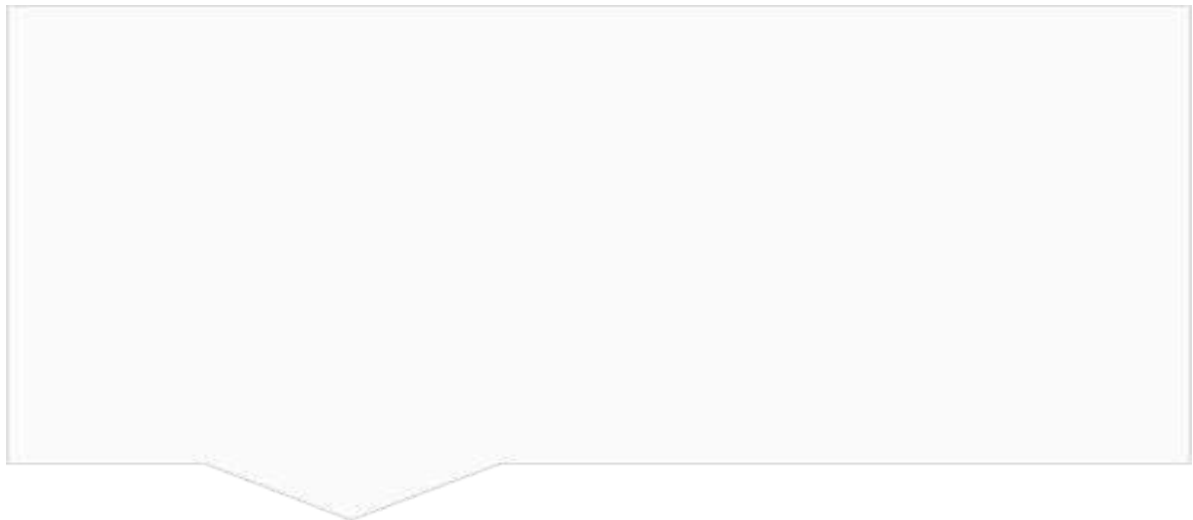
19. List everything that you've eaten over the last 3 days. How much fresh, wholesome food did it include and how much fast and junk food?



20. Do you play, or have you played any contact sports?

See [this article](#) about Chronic Traumatic Encephalopathy (CTE).

If so, try to remember how often you suffered a (minor) head injury.



21. Are you on any medication? If so, have you checked the side effects?

Read back through your answers, and look out for the things that are signposting where your difficulties and/or unresolved issues may lie.

Once you know precisely what needs to be addressed, you can figure out your next step.

Dealing with the problems *behind* your anger will be the most effective way to start managing the anger itself. And whatever problems you uncover, there are plenty of resources on my site to help you start getting them fixed :-)