

Emotion Regulation

Anger

Circle any of the following that fits for you

Things that can make you feel angry:

- ◆ Losing power
- ◆ Being insulted
- ◆ Not having things turn out the way you wanted them to
- ◆ Feeling physical pain
- ◆ Feeling emotional pain
- ◆ Being threatened
- ◆ Not getting something you want that someone else has
- ◆ Not being listened to or respected
- ◆ Other? _____

Thoughts you can get from upsetting situations:

- ◆ Feeling that you are being treated unfairly
- ◆ Believing things should be different
- ◆ Sticking to “I’m right and everyone else is wrong”
- ◆ Constantly thinking about what bothers you
- ◆ Other? _____

What your anger might feel like:

- ◆ Feeling out of control, like you want to explode
- ◆ Feeling really upset
- ◆ Feeling tightness in your body and chest
- ◆ Feeling your face get hot
- ◆ Muscles tightening and teeth clenched
- ◆ Crying; not being able to stop the tears
- ◆ Wanting to hit something or someone
- ◆ Other? _____