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 ________________________________

*Resource: Linehan, M.*