

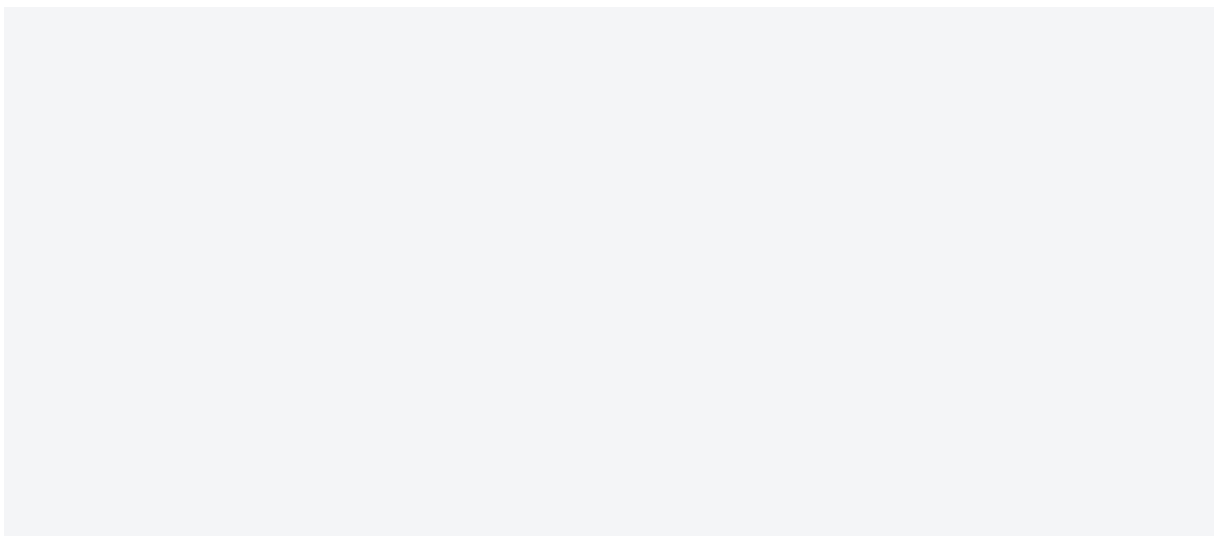
Tuning Into Your Anger

The better you understand your anger, the more likely you are to manage your feelings and behavior and cope with your emotions (Karmin, 2017).

Answer the following questions to increase your awareness of what anger means to you:

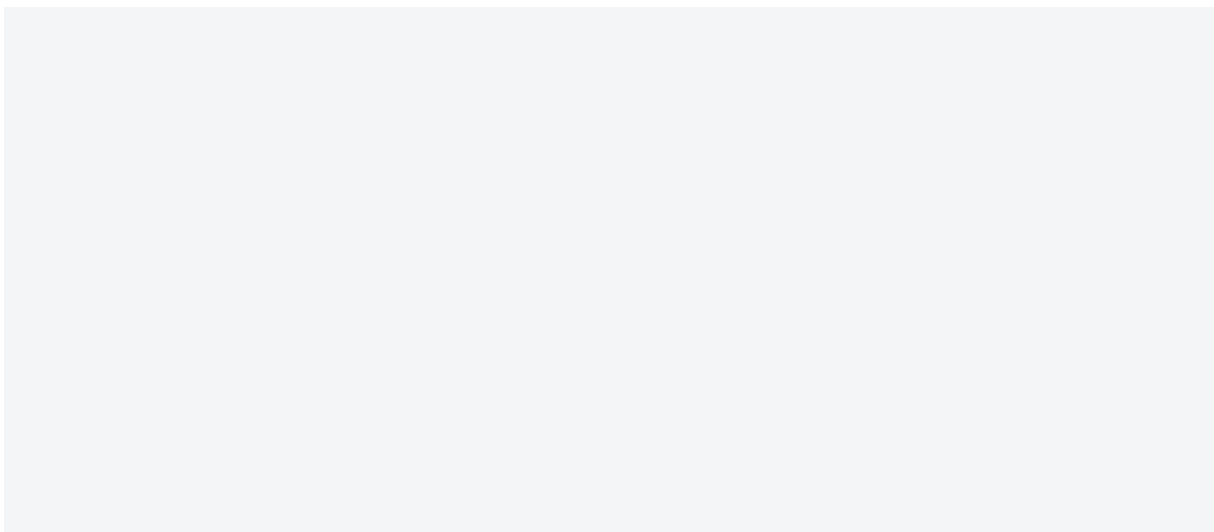
What are the typical *physical* signs of anger for you?

Do they differ between situations?

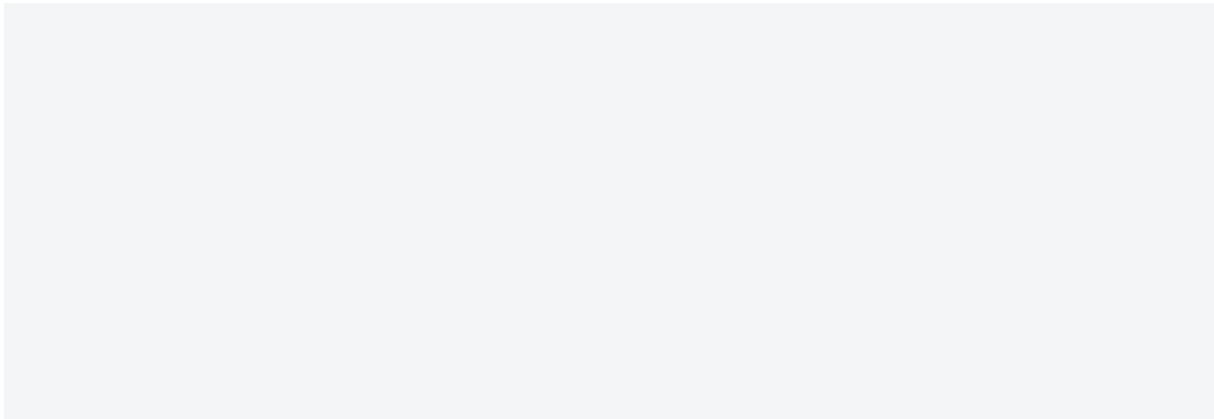


What are the typical *emotional* signs of anger for you?

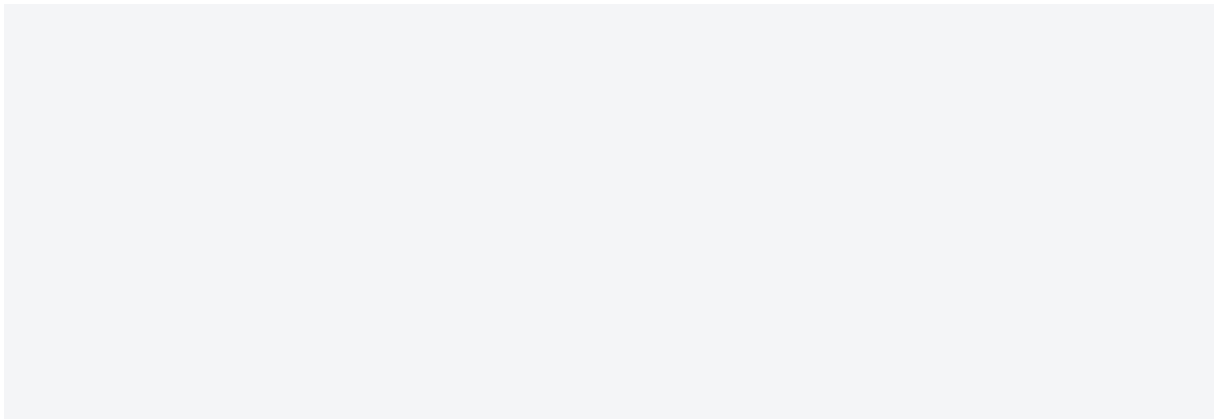
Are there any specific emotions behind your anger, such as jealousy, envy, or guilt?



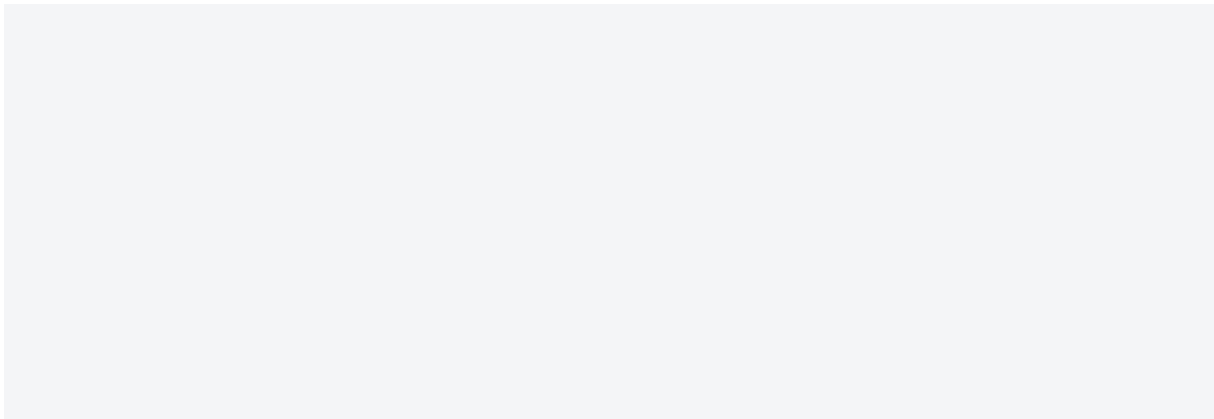
Is your anger typically direct and active (shouting, slamming doors, etc.) or indirect and passive (clenching your muscles, making snide comments, etc.)?



As a result of your anger, do you engage in self-harming behavior (overeating, drinking too much, taking drugs, etc.)?



What are the cognitive signs of anger for you (thinking about revenge, etc.)?



The answers will improve the client's awareness of rising extreme emotions, such as anger.

References

- Karmin, A. (2017). *Anger management workbook for men: take control of your anger and master your emotions*. Althea Press.

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