

# ANGER MANAGEMENT

## SELF-EXPLORATION QUESTIONS

### TRIGGERS

What people, places or things do you notice that bring up your anger?

### NEEDS

How are you at communicating your needs to others?

### MASKING

Could your anger be covering or concealing another emotion?

## **BODY SENSATIONS**

**Where in your body do you notice the sensations of anger?**

## **EXPECTATIONS**

**What are your expectations? Of yourself and others?**

## **BOUNDARIES**

**How are you at setting psychological boundaries?**

## **OVERREACTION**

**What tells you your anger is inappropriate to the situation?**

**FIGHT, FLIGHT,  
FREEZE**

**How well do you understand your nervous system?**

**BELIEFS**

**Is it ok to feel anger?**

**RESOURCES**

**What people, places or things help you to calm or lessen your dysregulated anger?**

**HEALTHY ANGER  
EXPRESSION**

**Who do you know in your life that healthily expresses anger?**