

Anger Management

TRUE OR FALSE

1. Acting on my anger usually makes the situation better. _____
2. Expressing my anger improves my mood. _____
3. Expressing my anger usually relieves guilt, stress, or anxiety. _____
4. I feel better in the long run when I punish others. _____
5. Getting revenge always fixes my problems. _____
6. Anger can be a good tool to get others to do what you want them to do. _____
7. If I am upset or angry, others around me should be upset or angry too. _____
8. The more time and energy I give to my anger, the more productive I am. _____
9. The source of my anger is always and exclusively outside of me. _____