

**A three week course in understanding and redirecting anger.**

**Anger work sheet to be used in conjunction of Anger video on [www.Vimeo.com/Rivest](http://www.Vimeo.com/Rivest)**

Your Name \_\_\_\_\_ Date \_\_\_\_\_

**Week 1: Answer each of the following questions.**

Anger is a secondary emotion. Perhaps when you feel threatened, demeaned or blocked

**I get angry when I feel** \_\_\_\_\_

I get angry when I feel \_\_\_\_\_

I get angry when I feel \_\_\_\_\_

**I show or stuff my anger when I** \_\_\_\_\_

I show or stuff my anger when I \_\_\_\_\_

I show or stuff my anger when I \_\_\_\_\_

**My anger has been destruction to myself others when** \_\_\_\_\_

My anger has been destruction to myself others when \_\_\_\_\_

My anger has been destruction to myself others when \_\_\_\_\_

**The people in my life that have taught me are** \_\_\_\_\_

The people in my life that have taught me are \_\_\_\_\_

The people in my life that have taught me are \_\_\_\_\_

**I stuff my anger down when I** \_\_\_\_\_

I stuff my anger down when I \_\_\_\_\_

I stuff my anger down when I \_\_\_\_\_

**An example of me blowing up from repressed anger is** \_\_\_\_\_

An example of me blowing up from repressed anger is \_\_\_\_\_

An example of me blowing up from repressed anger is \_\_\_\_\_

**My anger has hurt people when** \_\_\_\_\_

My anger has hurt people when \_\_\_\_\_

My anger has hurt people when \_\_\_\_\_

**I have sought revenge upon someone when I have** \_\_\_\_\_

I have sought revenge upon someone when I have \_\_\_\_\_

I have sought revenge upon someone when I have \_\_\_\_\_

**I have hurt myself through my own anger when** \_\_\_\_\_

I have hurt myself through my own anger when \_\_\_\_\_

I have hurt myself through my own anger when \_\_\_\_\_

**I hide my anger by doing** \_\_\_\_\_

I hide my anger by doing \_\_\_\_\_

I hide my anger by doing \_\_\_\_\_

**Week 2: Answer each of the following questions.**

**Take an anger situation and respond to the following questions. Repeat this exercise with three different situations. Write on the back of this sheet.**

What is making me feel angry?

Why am I feeling anger and not some other emotion?

Am I jumping to conclusions about the situation or person who is making me feel angry?

Is there something about the situation that threatens me and makes me feel afraid or inferior?

Did my anger come because I had some unrealistic expectations?

How might others, including the person who is angering me, view this situation?

Is there another way to look at the situation?

Are there things I can do to change the situation in order to reduce my anger?

**I have used humility, confession, and forgiveness when have** \_\_\_\_\_

I have used humility, confession, and forgiveness when have \_\_\_\_\_

I have used humility, confession, and forgiveness when have \_\_\_\_\_

**I have done the following to control my anger** \_\_\_\_\_

I have done the following to control my anger \_\_\_\_\_

I have done the following to control my anger \_\_\_\_\_

### Week 3

Give examples on how you have done each of the list below and report in session.

#### **Before you act on your anger answer these questions.**

What is making me feel angry?

Why am I feeling anger and not some other emotion?

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Is there something about the situation that threatens me and makes me feel afraid or inferior?

Did my anger come because I had some unrealistic expectations?

How might others, including the person who is angering me, view this situation?

Is there another way to look at the situation?

Are there things I can do to change the situation in order to reduce my anger?

#### **Answer of each of these questions.**

I am feeling angry because I feel \_\_\_\_\_

What kind of change do you want to accomplish with your anger?

How can you use your anger to become a holy person?

If you were to act thoughtlessly on your anger who would be hurt?

Do you really want to use your anger to seek revenge or gain power over something or something?

Have you asked the Holy Spirit for the grace to activate the Fruits of the Spirit?

The twelve Fruits of the Holy Spirit are charity (or love), joy, peace, patience, kindness, goodness, long suffering, mildness, faith, modesty, self-constraint, and chastity