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Getting Better Acquainted with Your Anger

- ◆ What are the primary triggers to your anger?

- ◆ What are some “early warning signs” of an imminent angry outburst you can identify? List 3 kinds:
 - Physiological – e.g., sweaty palms, racing heart, etc.
 - Emotional – i.e., subjective awareness of anger
 - Cognitive – e.g., racing thoughts, loss of rational thinking

- ◆ What relaxes you when you feel tense? What activities are soothing to you?

- ◆ When are the times that you are likely to cry?

- ◆ Are you aware when your anger covers other emotions you are not expressing? If so, what emotions might these be?

- ◆ List some actual moments when you began to feel angry in the past few days or weeks. What was the situation producing this anger? Rate your anger on a scale of 1 to 10 (from slight to severe). Note its intensity, duration, and interference with your activities in the aftermath, if any. This process is called “tracking.” Tracking your anger and other emotions will become an important tool for you to use on a daily basis.