

# When is Anger a Problem Worksheet

People get angry for multiple reasons, it is a way of showing that something is bothering them. It is okay to feel angry, but knowing how to handle it is important.

## When Does Anger Become a Problem?

Has this ever applied to you?

- |          |   |            |                          |           |                          |
|----------|---|------------|--------------------------|-----------|--------------------------|
| <b>1</b> | <b>It happens often and is too intense</b>                | <b>Yes</b> | <input type="checkbox"/> | <b>No</b> | <input type="checkbox"/> |
| <b>2</b> | <b>It leads to hurting yourself or others</b>             | <b>Yes</b> | <input type="checkbox"/> | <b>No</b> | <input type="checkbox"/> |
| <b>3</b> | <b>It causes problems at school, work or with friends</b> | <b>Yes</b> | <input type="checkbox"/> | <b>No</b> | <input type="checkbox"/> |
| <b>4</b> | <b>It makes it hard to enjoy life or be around others</b> | <b>Yes</b> | <input type="checkbox"/> | <b>No</b> | <input type="checkbox"/> |

## Real-Life Examples

*Name your top two recurring anger problems and give real-life examples*

**#1 Problem :**

**#2 Problem :**