

Evaluating My Beliefs On Anger

- 1. What did my parents think about anger?**
- 2. What do I think about anger?**
- 3. In the past, what were my beliefs on anger?**
- 4. Do I like the way I express my anger; if not how would I change that?**
- 5. When I act inappropriately regarding my anger, what are the actions that take place?**
- 6. Has My anger ever hurt anyone, and if so, how do I feel when it does?**
- 7. Are there feelings I'm hiding under my anger? What are they?**
- 8. How can I be sensitive to myself, accepting my humanness and my potential to make mistakes?**