

How are you managing your anger?

Check the statements that apply to you.

- People that I care about tell me I have a problem with anger.
- I am not happy with how I am managing my anger.
- I get angry very quickly.
- I feel that my anger gets out of control more than I would like.
- I have a difficult time forgiving people.
- A small disagreement usually escalates into a shouting match.
- I am easily irritated.
- I feel stressed and pressure most of the time.
- I usually retaliate when I feel I am being criticized.
- People who are close to me are afraid of me when I am angry.
- I avoid people and give them the “silent treatment” when I am angry with them.
- I often think over and over about what was said long after the argument is over.

The more statements you check off the more likely you are struggling with a problem with anger.

The ability to manage anger is an emotional intelligence skill that anyone can learn if they are motivated to do so. Typically anger expression is a learned behavior that can be changed through awareness of the underlying causes and learning to be assertive instead of aggressive.

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