

The Anger Questionnaire

This questionnaire is designed to help you understand what you learned about anger as a child. It will also help you describe how you utilize anger now and then facilitate you to define clearly how you want to express angry feeling.

1. Anger is _____
2. When you were growing up, what did your mother do with her anger? Your anger?
3. When you were growing up, what did your father do with his anger? Your anger?
4. As a child, what did you decide about expressing your angry feelings?
5. In the present, what do you do when you are angry at your partner?
6. Are you satisfied with how you resolve your anger with your partner?
7. What do you want to change so you will feel good about how you resolve anger with your partner?
8. Take a few moments to fantasize an ideal fight between you and your partner. Describe it in detail. Include setting, tone of voice, actual words said.
9. Are you ready and willing to change how you resolve anger?
10. Describe behaviorally the changes you will make.
11. Describe behaviorally the changes you want your partner to make.