## **Anger Situations Worksheet**

It's unhealthy to feel anger or resentment for an extended period toward certain individuals. To better understand the nature of your anger list, by way of initials, all the important <u>people</u> in your life across row A. Next read down the B. list of <u>situations</u> for each person and put an X mark in the box under that person's initials to show what, if any, situations correspond to those particular people in your life.

Initials of parents, friends, siblings, teachers, others, etc.:										
B. <u>Situations</u> : <b>Does not listen to me</b>										
Does not appreciate me										
Treats me unfairly										
Disappoints me										
Argues with me										
Lied to me										
Lied about me										
Took something from me										
Embarrassed me										
Tries to control me										
Puts me down										
Threatened me										
Treats me disrespectfully										

If you see a pattern in your markings it may suggest something about you. For example, if there are significant horizontal patterns this may suggest that you have a sensitivity (warranted or unwarranted) to being treated in that particular way. If you see a significant vertical pattern it may suggest that certain people view you in a similar manner and treat or react to you accordingly. Either pattern, when frequently marked, may reveal areas that you may want to discuss with a professional counselor.

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