

# Anger and the Family Worksheet

Name:

## Anger Assessment Questionnaire

For each statement below, mark "Yes" if it applies to your family or "No" if it doesn't.

STATEMENT	YES	NO
Anger frequently leads to arguments at home.	<input type="checkbox"/>	<input type="checkbox"/>
Family members often shout or raise their voices.	<input type="checkbox"/>	<input type="checkbox"/>
Anger has caused family members to withdraw.	<input type="checkbox"/>	<input type="checkbox"/>
We struggle to communicate calmly when upset.	<input type="checkbox"/>	<input type="checkbox"/>
Physical violence has occurred due to anger.	<input type="checkbox"/>	<input type="checkbox"/>
Anger has damaged family relationships.	<input type="checkbox"/>	<input type="checkbox"/>

## Identifying Anger Triggers

List situations or events that trigger anger in your family. Identify your personal anger triggers within the family context.

## Healthy Anger Management Strategies

List three healthy ways to express anger within the family.

Describe a time when you successfully managed your anger in a family situation.

**Creating an Anger Management Plan**

Outline steps your family can take to manage anger constructively. Then, discuss how each family member can contribute to a harmonious environment during anger.

**Setting Family Anger Management Goals**

Set personal anger management goals within the family. Share goals and discuss supporting each other in achieving them.