

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.