

Unpacking Your Anger PTSD Worksheet

Name:

Anger is a common emotional response in individuals who experienced trauma. This exercise will guide you through a series of questions to help you unpack and manage your anger effectively.

Describe the feeling of anger that you remember.

What did you do in that situation? How did you think and act?

How did that motivate you?

Do you notice when other people are angry? What do you do?

How does anger influence your relationship with others?

Credit: The PTSD Workbook by Tijana Mandic, Ph.D