

Name:  Date:

# ANGER MANAGEMENT

Answer the questions below to understand how well you manage your anger and rate yourself for each skill.

3 = Strong      2 = Okay      1 = Needs Work

- I manage my impulses, and make good decisions when I am angry.
- I have a positive attitude toward others.
- I never get in trouble at school due to my anger.
- Little things don't bother me that much.
- I stop myself from arguing with others when I am frustrated or annoyed.
- I have a positive attitude toward others.
- I talk positively when I am angry.
- I am a forgiving person.
- I rarely or never raise my voice in anger.
- I have a positive attitude toward myself.
- I use calm down strategies or coping skills when I am angry.
- I avoid arguments with others.

If you improved two areas above, which two improvements would have the greatest impact on your life?

What strategies or coping skills can you use to manage your anger better?