Think about your experiences of anger and answer the following questions:

1. How often is anger my first response?
   ____________________________________________________________
   ____________________________________________________________

2. What about being angry works for me?
   ____________________________________________________________
   ____________________________________________________________

3. What about my anger does not work for me?
   ____________________________________________________________
   ____________________________________________________________

4. List the behaviors you most commonly use when you are angry.
   ____________________________________________________________
   ____________________________________________________________