

ANGER SPECTRUM-1 SUPPLEMENT

Name _____

Please complete these sentences with one or more answers.

Date _____



If there is one thing that really sets me off it's ... **FOR DEMONSTRATION ONLY**

If I could tell one thing to people that have hurt me it would be ...

When I get really mad I tend to ... **FOR DEMONSTRATION ONLY**

My least favorite people in the world are ...

Do you ever take your anger out on people who don't deserve it? **FOR DEMONSTRATION ONLY**

Do you feel like you tend to get *too* angry in some situations, even if some anger seems OK?
