

humantold

The Impact of Anger

Does Anger Interfere with Important Areas of Your Life? Use this worksheet to help you evaluate:

Values	How You Would Like Things to Be	Does Anger Interfere with Your Values?
Relationships with friends		
Relationships with family		
Relationship with others		
Occupational/job goals		
Financial goals		
Spiritual/religious goals		
Recreational goals		
Fitness/health goals		

Book: The Dialectical Behavior Therapy Skills for Anger by: Alexander L. Chapman, PHD, RPsych & Kim L. Gratz, PHD Foreword by Marsha M. Linehan, PHD, ABPP

Worksheet by: Janay Bailey