

# ANGER

WHAT DO YOU BELIEVE? (circle Yes or No)

1. Y N You can make other people feel angry.
2. Y N Anger is a waste of time and should be avoided
3. Y N Anger is not nice, it is nasty.
4. Y N People who have themselves together don't get angry.
5. Y N Anger is by nature a destructive emotion.
6. Y N If I get angry I will lose control or go crazy and explode.
7. Y N If I get angry I know that people will leave me or reject me.
8. Y N Anger means that love is lost--I don't love them and they don't love me
9. Y N Anger is going to result in yelling and shouting.
11. Y N Anger is a bad emotion, not a good emotion.
12. Y N My parents did not get angry.
13. Y N My parents did not show anger to me.
14. Y N My parents did not show anger to anybody.
15. Y N My parents argued after we went to bed but we heard them anyway.
16. Y N I made my parents angry when I got into trouble or misbehaved.
17. Y N If somebody is angry at me then I probably did something to cause it.
18. Y N If somebody is angry at me then I have to change something--fast.
19. Y N When I am angry, I get so angry that I break things or hit people.
20. Y N Anger is a feeling that people can't control.
21. Y N Anger is a sinful feeling experienced by weak people.
22. Y N Other people have to change their behavior so that I won't feel angry.
23. Y N Anger is a way to punish and control children to help them behave.
24. Y N Anger is a signal that some situation needs to be talked about.
25. Y N Anger is a problem feeling that must be talked about to get rid of.
26. Y N Anger is a regular, normal, everyday feeling experienced by everyone.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.