

Get to Know Your Anger



Project Monkey Mind

WORKSHEET

It often helps to be aware of how anger affects us. Complete the following to explore more about your anger and become more adept at recognizing it.

1 When I am angry:

2 My body feels:

3 My mind is:

4 My mood is:

5 My energy is:

6 I act like:

7 I want:

8 I need: