

# How's Your Relationship with Anger?



## SELF-CHECK:

I feel heard & respected by other people.

Y

N

I am comfortable speaking up for myself.

Y

N

I take good care of myself.

Y

N

I am comfortable saying "no" to people.

Y

N

I can identify my boundaries well.

Y

N

I can identify my own emotions from others.

Y

N

I can say, "I am angry" when I'm upset.

Y

N

I am kind when expressing my anger.

Y

N

I am not ashamed of being angry.

Y

N

If you answered 100% of questions with a "yes," you have a great relationship with Anger. (It's normal not to get 100%.)