

Handling Anger



Krist Samaritan Center

- I am very image conscious. I don't like to let others know my problems.
- Even when I feel flustered I portray myself publicly as having it all together.
- I am rather reserved about sharing my problems or frustrations.
- If a family member or friend upsets me I can let days pass without even mentioning it.
- I have a tendency to be depressed and moody.
- Resentful thinking is common for me, although many people would never suspect it.
- I have suffered with physical complaints (for example, headaches stomach ailments, sleep irregularity).
- There are times when I wonder if my opinions or preferences are really valid.
- Sometimes I feel paralyzed when confronted by an unwanted situation.
- I can be blunt and forceful when someone does something to frustrate me.
- As I speak my convictions my voice becomes increasingly louder.
- When someone confronts me about a problem, I am likely to offer a ready rebuttal.
- No one has to guess my opinion; I'm known or having unwavering viewpoints.
- When something goes wrong, I focus so sharply on fixing the problem that I overlook other's feelings.
- I have a history of getting caught in bickering matches with family members.
- During verbal disagreements with someone, I tend to repeat myself several times.
- I find it hard to keep my thoughts to myself when it is obvious that someone else is wrong.
- I have a reputation for being strong willed.
- I tend to give advice, even when others have not asked for it.
- When I am frustrated, I become silent, knowing it bothers other people.
- I am prone to sulk and pout.
- When I don't want to do a project I will procrastinate.
- When someone asks if I am frustrated, I will lie and say, "No everything is fine."
- There are times when I am deliberately evasive so others won't bother me.
- I sometimes approach work projects half-heartedly.
- When someone talks to me about my problems I stare straight ahead, deliberately obstinate.
- I complain about people behind their backs, but resist the opportunity to be open with them face to face.
- Sometimes I become involved in behind-the-scenes misbehavior.
- I sometimes refuse to do someone a favor, knowing this will irritate him or her.

Carter, L., & Minirth, F. (1993). The Anger Workbook. Nashville: Thomas Nelson Publishers.