

Impact Of My Anger

Becoming angry can be upsetting for all involved. Often the angry person does not consider the impact they have on other people and the emotions that remain.

Use the box below to capture examples of angry behavior and then consider who has been impacted and how.

Think of three very specific situations that made you angry around other people.

Complete the second and third column, capturing who you may have affected and how.

	Situation	Who may have been impacted?	How could they have been left feeling?
1.			
2.			
3.			

This exercise aims to help you understand that the way we behave can upset others and impact how they feel.

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