

## Anger Inventory

**Describe the situations and causes that trigger your anger:**

**With your family:**

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**Belief:**

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**At work:**

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**Belief:**

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**With friends:**

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**Belief:**

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**With strangers:**

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**Belief:**

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**Causes of angry feelings:**

- **Feeling taken advantage of**
- **Need to be perfect**
- **Feeling unloved**
- **Feeling misunderstood**
- **Feeling helpless**
- **Feeling hurt by criticism**
- **Feeling treated unfairly**
- **Feeling mentally and physically exhausted**