

Answer each question below. Circle the correct multiple choice answer. Write answers for open ended questions.

- 1) Anger is neither good nor _____; we all get angry at times.
 - a) funny
 - b) great
 - c) bad**
 - d) I don't know
- 2) The "feeling under the feeling" is when people share their _____ in ways that hide what is underneath.
 - a) feelings**
 - b) opinions
 - c) stressors
 - d) I don't know
- 3) You'll need to look deeply at your _____ and past to figure out how they are connected to your feelings.
 - a) joys
 - b) fears**
 - c) thoughts
 - d) I don't know
- 4) Staying angry creates bitterness. Try to determine what the "big thing" is that you're _____.
 - a) defending**
 - b) abandoning
 - c) forgetting
 - d) I don't know
- 5) Emotions bend what we see. It is okay to feel your _____, but you need to look at the situation objectively.
 - a) desires
 - b) feelings**
 - c) anxiety
 - d) I don't know
- 6) Learning to _____ anger will help to improve your relationships.
 - a) perfect
 - b) build
 - c) manage**
 - d) I don't know
- 7) To help identify the _____ emotion, you can look at the situation leading up to your anger.
 - a) underlying**
 - b) secondary
 - c) insignificant
 - d) I don't know
- 8) What are your anger management strategies?
- 9) How do you identify the underlying emotions of your anger? What questions can you ask yourself?