

# Anger Cheat Sheet: Questions To Ask Yourself

Run through this list of questions to make the most of your anger: assess it, understand it, communicate it, and use it to feel better.

Is this feeling closer to irritation or rage?

- If I'm more than mildly angry, what were some warning signs leading up to this?
- How can I notice those earlier next time?

Is my anger proportional to the situation at hand?

How have I been using my anger? Have I been using it without hurting others or exhausting myself?

Can I exercise for 5 minutes to calm down?

Am I experiencing any physical signs of anger?

Tightness or tension  
Clenched jaw, fists, even toes  
Shakiness  
Pounding heart  
Feeling hot  
Adrenaline rush  
Heavy breathing

Does anything make my feeling of anger better or worse?

What has triggered this feeling in the past?

Can I find compassion for the angry part of myself, even if my angry behavior isn't ok?

Can I set a boundary to keep this from happening again?

What could be causing this anger? What internal feelings have been stirred up?

How do healthy people I know express their anger?

How is my anger trying to protect me?

How can this anger motivate me?