

4th Step Blueprint for Progress Questions - Anger pp. 21 to23 (P-91)

1. Anger Around Me

When I was young, how did the adults in my family express their anger?

What did I do that provoked anger from adults?

How did I respond as a young person to anger directed toward me?

How did I express my anger?

As a young person, what happened when I expressed anger?

2. Managing My Anger

What are some of the reasons why I feel angry with myself?

What do I do when someone is angry with me?

How do I usually express my anger?

What are some of the consequences of my anger?

In what situations has my anger been appropriate?

3. Anger in Relationships

When I am angry with people, how do I usually treat them?

How do my actions differ, depending on the individual I'm angry with?

How much power do I give to people who are angry with me?

How much power do I think I have when I feel very angry?

How have I used my anger to help someone?

4. Controlling My Anger

What was the most recent situation in which I felt angry?

What circumstances provoke my anger today? Make a list.

Where does alcoholism rank on my anger list?

Who are the people I tend to feel angry with? Name them and explain.

How important is it for me to continue feeling angry with certain people?

FINDINGS

By answering these questions on anger, what have I learned about myself?