
Discover Your Anger Profile **...by completing this *Anger Self-Assessment***

To better understand the role anger plays in your life, answer the following questions in as much detail as you can. Allow time for all your memories, behaviors, and feelings to be included.

For best results, hand-write your answers on a separate sheet. Give yourself at least ½ hour of quiet time to complete the assessment, leaving room for additional details you think of later.

1. **Do you avoid anger at all costs, or are you comfortable with it? When it comes up, do you work to resolve it as quickly as possible, let it build up in silence, or bury it?**
2. **Do you associate anger with fear – yours or someone else's? For example, do you “walk on eggshells” around certain people for fear of making them angry...or do others walk on eggshells around you?**
3. **When someone around you gets angry, what do you notice yourself doing and hear yourself saying?**
4. **Do you think anger is ever “good” and/or helpful? If so, in what way does it help?**
5. **How was anger, or the avoidance or soothing of anger, used in your family to keep order or take control? Did it have any other purposes that you can identify?**
6. **What family members are you reminded of when others in your life get angry with you?**
7. **When you get angry, what words do you typically use? What behaviors do you exhibit?**
8. **Who in your family do you most resemble when you get mad?**
9. **What kind of home environment are you contributing to now on a daily basis, for yourself and for those you love, through the way you handle anger?**
10. **In what ways would you like to change your relationship to anger, if at all?**

NOTE: Take what you've learned in this self-assessment to the next level! Click [HERE](#) to request a powerful, complimentary 30-minute private consultation with Loren. You'll come away with even more clarity and understanding, plus *specific actions you can take to harness anger for good in your life!*

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