



IDENTIFYING **ANGER** CHECKLIST



Check the ways anger can characterize your life.
Confess the items checked to God with your discipler or a friend.

VISIBLE FORMS OF ANGER	LESS VISIBLE FORMS OF ANGER
<input type="checkbox"/> blowing up <input type="checkbox"/> wrath <input type="checkbox"/> rage <input type="checkbox"/> malice <input type="checkbox"/> vengefulness <input type="checkbox"/> temper tantrums <input type="checkbox"/> rampage <input type="checkbox"/> hostility <input type="checkbox"/> revenge <input type="checkbox"/> retaliation <input type="checkbox"/> intimidation <input type="checkbox"/> control <input type="checkbox"/> hatred <input type="checkbox"/> violence <input type="checkbox"/> verbal put downs <input type="checkbox"/> rebellion <input type="checkbox"/> defensiveness <input type="checkbox"/> snaps at others <input type="checkbox"/> nagging <input type="checkbox"/> demanding <input type="checkbox"/> repaying evil for evil <input type="checkbox"/> using bribery or threats <input type="checkbox"/> manipulating/controlling <input type="checkbox"/> physically/emotional abusive <input type="checkbox"/> defensive when admonished <input type="checkbox"/> slamming doors	<input type="checkbox"/> clamming up <input type="checkbox"/> resentment/bitterness/lack of forgiveness <input type="checkbox"/> grumpiness/pouting <input type="checkbox"/> cutting remarks <input type="checkbox"/> sarcasm <input type="checkbox"/> grumbling/complaining <input type="checkbox"/> discontentment <input type="checkbox"/> negative/critical/fault-finding <input type="checkbox"/> judging others <input type="checkbox"/> physical withdrawal <input type="checkbox"/> emotional withdrawal <input type="checkbox"/> self-pity/self-deprecation <input type="checkbox"/> discouragement <input type="checkbox"/> depression <input type="checkbox"/> self-righteousness <input type="checkbox"/> disgusting sighs <input type="checkbox"/> passive aggressive behavior <input type="checkbox"/> lack of contentment <input type="checkbox"/> blame-shifting <input type="checkbox"/> hanging on to guilt <input type="checkbox"/> moody/mood swings <input type="checkbox"/> disapproval – both verbal and non-verbal <input type="checkbox"/> disobedience <input type="checkbox"/> slow to ask forgiveness <input type="checkbox"/> venting/gossip <input type="checkbox"/> rolling your eyes