

Anger in Recovery

Comprehensive anger self-assessment

Printable worksheet · 5 parts

Name _____ Date _____

Anger in Recovery: A Comprehensive Self-Assessment

Tip: Be honest and specific in your reflections. Your answers are automatically saved.

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PART 1 OF 5

Understanding Your Anger Profile

What category of anger (surface expression, escalation patterns, etc.) affects you most powerfully, and why do you think that is?

What specific anger experiences have you noticed that don't seem to fit neatly into any category or that surprise you with their intensity?

How have your anger patterns evolved or changed throughout your recovery journey?

What anger experiences have blindsided you most dramatically, and what did you learn from them?

What factors or situations tend to intensify your experience of anger?

PART 2 OF 5

The Psychology of Your Anger

How does understanding anger as a common recovery challenge rather than a character defect affect your relationship with these feelings?

In what ways might your specific addiction history have shaped your particular vulnerability to anger?

How do your different anger patterns interact with each other? For example, does cognitive rumination intensify physical manifestations?

What early warning signs might indicate emerging anger before full escalation develops?

How might personal history, trauma, or co-occurring conditions influence your anger vulnerability?

PART 3 OF 5

Developing Your Management Strategies

What specific strategies have proven most effective for your most challenging anger category?

What role does external support play in helping you manage anger effectively?

How do you initiate healthy anger expression when experiencing intense feelings?

What recovery resources do you mobilize when recognizing problematic anger patterns?

How might you strengthen your response to the anger category you identified as most challenging?

PART 4 OF 5

Building Anger Resilience

How has your relationship with anger changed throughout your recovery journey?

What practices help you maintain healthy anger expression even during periods of high stress or conflict?

How do you balance accepting your right to feel angry with taking responsibility for healthy expression?

What would it look like to view anger as information rather than just a problem to solve?

How might sharing your experiences with anger benefit both your own recovery and potentially help others?

PART 5 OF 5

Your notes & reflections

Additional Notes & Reflections

Add any additional reflections, insights, or notes about your experience with this worksheet...
