

Examine the Effects of Anger in Your Life

1. How does your anger make you feel?
2. How much time do you waste feeling angry?
3. How has your anger affected your quality of sleep?
4. How has your anger affected your breathing?
5. How has your anger affected your digestion system?
6. How has your anger affected your job performance?
7. How has your anger affected your relationships with your family?
8. How has your anger affected your relationships with friends?