

“Causes of Anger” Questionnaire

Partner “a”: _____

Date: _____

Here’s a list of common “Causes” of anger. ✓ Check those that cause anger in you

___ Traffic Jams

___ Being "Made Fun Of"

___ Arrogant People

___ Unreasonable Taxation

___ Rude People

___ Being Betrayed by a Friend

___ Prejudiced People

___ People who "cut in line"

___ People Who Tail-Gate

___ People doubting what I say

___ Being Yelled At

___ People Not doing their Job

___ People Who Waste My Time

___ Unfair Wages

___ People Who Show Up Late

___ Un-invited Criticism

___ Child Abuse

___ People Who Refuse to Listen

___ Having to Wait

___ Being "Lied About"

___ Being "Lied To"

___ Being unjustly punished

___ Feeling I've Been "Used"

___ Being wrongfully accused

___ People Taking my Property

___ Other: _____

___ Inconsiderate People

(After Checking all that apply, go back and circle your 3 BIGGIES)