



# Anger Self-Reflection



**Anger looks different for everyone.**

Take a few moments to consider the following questions.

- What are your favourite/least favourite emotions?

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- What is your most frequent emotion?

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- Which emotion is the most difficult for you to control?

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- What are the triggers of that emotion?

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- What are your personal anger triggers?

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- What personal strategies do you use to deal with anger?

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