



Understanding Anger and Resentment

1. Anger is_____
2. When you were growing up, what did your mother do with her anger?
Your anger?
3. When you were growing up, what did your father do with his anger?
Your anger?
4. In the present, what did you decide about expressing your angry feelings?
5. In the present, what do you do when you are angry with your partner or someone close to you that you care about?
6. Are you satisfied with how you resolve your anger with your partner or close friend?
7. Unresolved anger becomes resentments – how many resentments are you storing up inside?
8. Are you ready and willing to change how you resolve anger?
9. What will you do to rid yourself of resentments and thereby protect your sobriety?