What my anger does for me, and what it costs

List what your anger gets you and what it costs.

Name _____ Date _____

Anger would not keep happening if it did nothing for you. It can get results, give a sense of power, or keep people at a distance. It also has a price. Being honest about both sides helps you decide what you want to change.

	Benefits	Costs
Short term	**What my anger gets me in the moment**	**What it costs me in the moment**
Long term	**What it gets me over time**	**What it costs me over time**

Who else is affected, and how?

What I want to keep (for example: standing up for myself)

What I want to change, and why it matters to me

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