

# Anger

## Introductory remark

"I hear you. You are frustrated." - what do you mean by frustration?

## Reasons for anger

1. Are you a short tempered person?
  - i) Do you feel you are substantially more peaceful than the average person?
2. Mention the situations in which you are easily provoked?
  - ii) Do you feel angry when other people are critical or harsh?
  - iii) When people demand too much of you
  - iv) Not respect or support you
  - v) Let you down/abandon you
3. What are the general reactions when you get angry?
  - i) Do you observe any physiological change when you get angry?
  - ii) How do you feel when you are highly angry?
  - iii) What would you feel like doing at that situation?
4. Do you get angry when you are not able to say "no"?
  - i) Did you face any kind of problems because you were not able to say a "no"?
  - ii) Was it affecting you in any way?
5. What is the typical reaction of you when you are joked about or teased?
  - i) Will it hurt you or you would take it easily?
  - ii) What are your emotions experienced when they tease you?
6. Do you have any coping mechanism for your anger?
  - i) Is it effective?
  - ii) Are you looking out for a better management strategy?

## Emotional

1. Tell me whether you get angry when you think of the bad things people did to you in the past.
  - i) Do you think about the past frequently?
  - ii) How will you feel now when you think about the situations when you were cheated by others?

- iii) Is the scar still in you and hurting you?
- 2. Do you find it very hard to forgive someone who had hurt you?
  - i) Do you want to forgive them?
  - ii) Do you think you can forgive them?
- 3. What do you feel about your anger levels?
  - i) What are the different consequences you had faced because of your temper?
  - ii) Do you think you need to control your anger?
- 4. What is your view about anger?
  - i) Do you think getting angry is bad for health?
  - ii) What all ways do you think anger will affect you?

### **Physiological**

- 1. Does your anger affect your health anyway?
  - i) Have you observed any specific reactions in the body when you get angry?
  - ii) Are you worried about these reactions?
- 2. Are you aware of the health risks of getting often angry?
  - i) Do you experience frequent tension headaches and other aches or pains?
- 3. Tell me whether sometimes you stay awake at night and think about the things that upset you during the day.
  - ii) If yes, what kind of emotions you experience as you think?
  - iii) Do you have the habit of not forgetting things which upsets you?
- 4. When something upsets you, do you generally have any type of physiological reactions like feeling sick, headache, stomach upset, chest pain, or diarrhea?
  - i) If yes, can you please elaborate more on the kind of pain you experience
  - ii) Do you have any idea about the relationship between your anger levels and the physiological reactions in your body?
- 5. Have you ever got so angry that you have become physically violent, hitting other people or breaking things?
  - i) If yes, can you please narrates few instances where you behaved violently
  - ii) Do you think your emotions are out of your control?

## **Social**

1. Do you often have heated arguments with the people who are closest to you?
  - i) If yes, do have the feeling that you alone should win the argument and you will fight for it till the last?
2. How do you respond when people behave badly and irritate you?
  - i) How do you feel when people irritate you?
  - ii) Can you please share any instance where you felt irritated
3. Do you face trouble because of your temper in college?
  - i) If yes, what kind of issues have you faced in the past?
  - ii) How is your relationship with your classmates?
  - iii) Have your classmates spoken to you anytime about your temper?
  - iv) How is your association with your professors?
4. Do you have this tendency of blurting out what comes to your mind and later regretting for it?
  - i) Do you feel guilty when you do so?
  - ii) How do you generally address your guilt?
  - iii) How do you tackle the situation when you shout or yell at someone and later find there was no fault from their side?
5. What kind of person do you get along with the best?
  - i) How many close friends do you have?
  - ii) How is your relationship with your friends?
  - iii) Do they help you when you are in a need?

## **Reactions**

1. How do you react when things don't go the way you wanted it to be?
  - i) Will you feel hurt and become sad?
  - ii) Will feel angry because you are hurt?
2. How do people react to your bad temper?
  - i) Do they give it back to you?
  - ii) Do they speak to you about your temper when you become calm?
3. Have you felt so hurt and lonely that you felt like hurting yourself?
4. Do you feel the need for a coping mechanism for dealing with your anger?

5. If asked to rate the severity of your anger in a scale of 1- 10 how much will you rate yourself?
6. Would you like to be less angry?
  - i) How have you tackled your anger during the past?
  - ii) What are the ways you think you can use to reduce your anger levels?
7. Do you want to have control over your emotions?
  - i) How do you think you can do it?