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Anger Inventory

I Am _____

Angry At: _____

Causes	Affects My	What I Do/Did to Cause It or Make It Worse	What I Want	What I Need	Plan of Action
	Self-esteem, pride, relationships, finances, emotional security, sexual relations, ambitions, family, safety, etc.	Selfish. Dishonest, fearful, inconsiderate, manipulative, etc.	I Want	I Need	I Will
