

CHECKLIST FOR HEALTHY ANGER

THESE ARE APPROPRIATE, HEALTHY EXPRESSIONS OF ANGER AND HELPFUL WAYS OF ADDRESSING CONFLICT.

- 1. When angry or frustrated, person is honest and expresses it in a respectful way without being forceful or meek.**
- 2. Doesn't insist on being right or getting own way. Seeks to resolve conflicts mutually.**
- 3. Doesn't make threats, insults or intimidating remarks and refrains blaming others.**
- 4. Speaks directly to the other person, rather than behind their back or with indirect hostility or actions.**
- 5. Accepts responsibility for own mistakes and flaws, and seeks to improve.**
- 6. Listens to other opinions without becoming defensive, upset, or angry.**
- 7. Asserts their boundaries as needed. Says yes when they mean it and no when they need to. Will stay true to their values and needs and be authentic.**