# When is Anger a Problem?

In small doses, anger is an appropriate, normal, and healthy emotion. Everyone experiences anger. It helps us stand up for ourselves when we've been wronged, and protect our own needs. However, in many circumstances, anger can have negative repercussions. Below are examples of how anger can be harmful, or cause unwanted consequences.

Anger is a problem when it negatively affects others. Anger drives people to act in a way that's unpleasant or harmful to those around them. This can result in straining or losing important relationships. It can be difficult to maintain healthy relationships when anger is out of control.

How much does this problem apply to you?

Not At All   Somewhat   Very Much
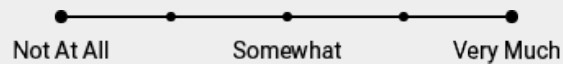
How has your anger impacted other people?

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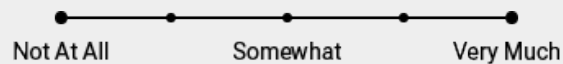
Anger is a problem when it hinders performance at work or school. Anger can lead to breakdowns in communication, making it difficult to work with others. Additionally, being preoccupied with anger harms one's ability to concentrate on work or school tasks.

How much does this problem apply to you?

Not At All   Somewhat   Very Much

How has anger negatively affected your performance at work or school?

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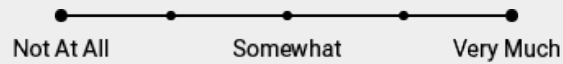
When is Anger a Problem?

Anger is a problem when it negatively affects health or well-being. Anger affects both physical and emotional health. Physically, anger contributes to problems such as high blood pressure and heart attacks. Emotionally, anger contributes to anxiety, depression, and drug and alcohol use.

How much does this problem apply to you?

Not At All   Somewhat   Very Much

How has anger negatively affected your physical or emotional health?

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Anger is a problem when it is too intense. Even when anger is justified, it can be a problem if it goes too far. For example, physical aggression can lead to severe consequences such as physical harm to one's self or others, property damage, and legal trouble. A verbal outburst that's out of proportion to a situation may lead to losing a job, permanently damaging a relationship, or other consequences.

How much does this problem apply to you?

Not At All   Somewhat   Very Much
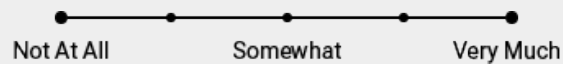
When was a time that your anger was too intense?

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