

ANGER MANAGEMENT PRE-GROUP FOCUS FORM

Name: _____

Date: _____

1. What was the best thing that happened to you in the past week?
2. What was the worst thing that happened to you in the past week?
3. How did you express your anger in a positive way in the past week?
4. How did you express your anger in a negative way in the past week?
5. What was your involvement with drugs or alcohol in the past week?
6. In what way did you get in trouble in the past week?
7. What did you do to work on your program of recovery in the past week?
8. What are the goals you are currently working on?
9. What issue do you think needs to be addressed in today's group?