

Anger / Needs List Exercise

date: _____

List the judgments that float most frequently in your head by using the cue:

I don't like people who are _____

1.

2.

3.

4.

5.

6.

7.

8.

For each entry in the other column, answer the question: "What am I needing and not getting?"

1.

2.

3.

4.

5.

6.

7.

8.

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