### RULES OF ANGER MANAGEMENT AND POWER AND CONTROL

What were the primary rules about anger and conflict in your family of origin?

What role did you play in the family interaction?

What role did each of your parents play?

What role did each of your siblings play?

Who had the most power in your family?

How did that person maintain it?

Is this still true today? Why or why not?

How do you think this has influenced you today?

Is the influence the same at home as it is at work (outside the house)?

Are you practicing the same pattern with your family, your spouse, your children?

If you could change your present pattern, what would you like to change?

Did you ever wish it was different when you were a small child in the family?