



## Anger Management Workshop Evaluation

Date of workshop: \_\_\_\_\_

Name of Presenter: \_\_\_\_\_

Student Name: \_\_\_\_\_

Please answer the following questions:

1. Anger is a completely normal, usually healthy emotion. T or F
2. Three main approaches to dealing with anger are: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
3. Anger turned inward is called \_\_\_\_\_.
4. Circle all that apply: Steps for relaxation to calm anger are (that were mentioned in the workshop):
  - a. Breathe deeply from your diaphragm.
  - b. Slowly repeat calming words or phrases.
  - c. Tell the person off that you are mad at.
  - d. Visualize a relaxing experience.
  - e. Non-strenuous exercises to relax the muscles.
  - f. Lifting weights.
5. Anger defeats logic because it is impossible to talk yourself out of being angry.  
T or F

Please circle your satisfaction level: Strongly Agree=SA; Agree=A; Neutral=N, Disagree=D; Strongly Disagree=SD

- |   |    |   |   |   |    |
|---|----|---|---|---|----|
| 1. Did you benefit from the information shared?               | SA | A | N | D | SD |
| 2. Was the information relevant to the topic of the workshop? | SA | A | N | D | SD |
| 3. Was the length of the workshop satisfactory?               | SA | A | N | D | SD |
| 4. Was the location of the workshop satisfactory?             | SA | A | N | D | SD |
| 5. Was the presenter knowledgeable about the topic?           | SA | A | N | D | SD |

Please share any comments or constructive criticism you may have:

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