

## Possible Negative Consequences



Anger can lead to many potential negative consequences, which can include health problems, damaged relationships with family or friends, difficulty at work or school, or legal issues. Are you concerned about your anger leading to negative consequences?

Have you experienced any of these?

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### HEALTH

- Getting hurt physically
- High blood pressure
- Heart disease
- Getting sick more often

### WORK/SCHOOL

- Getting fired
- Getting in trouble
- Not completing assignments on time
- Not getting a promotion you deserve

### RELATIONSHIPS

- Pushing away those close to you
- Others do not trust you or fear you
- Feeling guilt, shame, or regret

### LEGAL

- Being arrested
- Being sued