

Exploring my anger

Anger is a normal human reaction. Sometimes, anger can be a good thing, it can be a way to express yourself or serve as a motivation to overcome certain problems. However, excessive anger can cause problems itself.

Exploring your own anger can help understand yourself better, identify triggers, and evaluate whether it prompted a helpful or unhelpful response.

Triggers

Write down what usually triggers your anger. Think of recent situations when you felt very angry. What was the situation, topic, or people that triggered you?

Warning signs

Think if you have any warning signs that usually precede angry reactions and write them down.

Responses

How do you usually respond in such situations? Think of different ways you react when angry.

Problems

Have you ever encountered any issues because of the way you reacted?

Strategies

Are there any strategies you use to cope with your anger? Write them down and note if they have proven to be helpful in the past.
