

My Anger



Complete this on your own or with a therapist to help give a better understanding of your feelings of anger. It can be useful to explore your angry thoughts and feelings, as this can help you feel more in control of them. You can draw or write the answers.

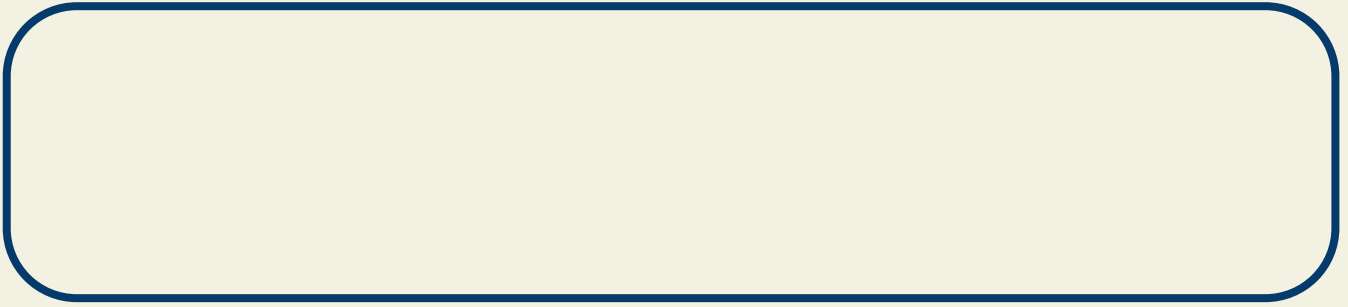
My anger feels like...

You could use metaphors (e.g. like a fire, or a monster), or you could describe how it feels physically or mentally (e.g. tight in my chest)

If I was to draw my anger, what would it look like?

If I was to draw how I feel when I'm not angry, what would that look like in comparison?

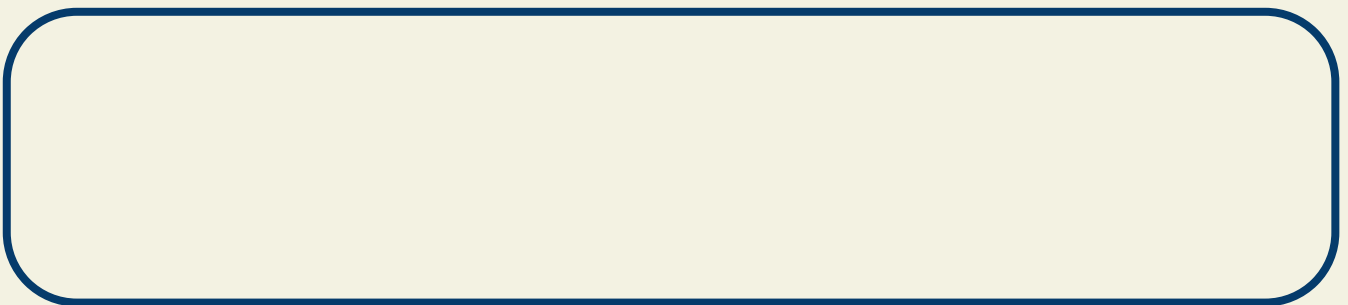
I feel more angry when...



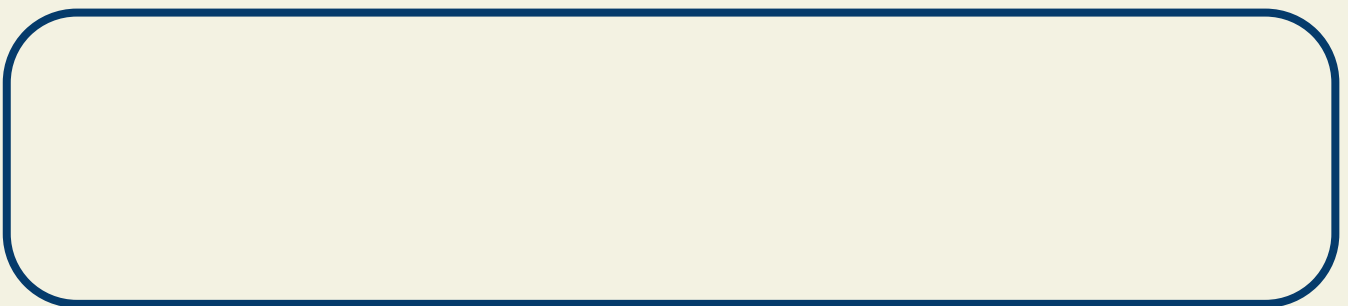
I feel less angry when...



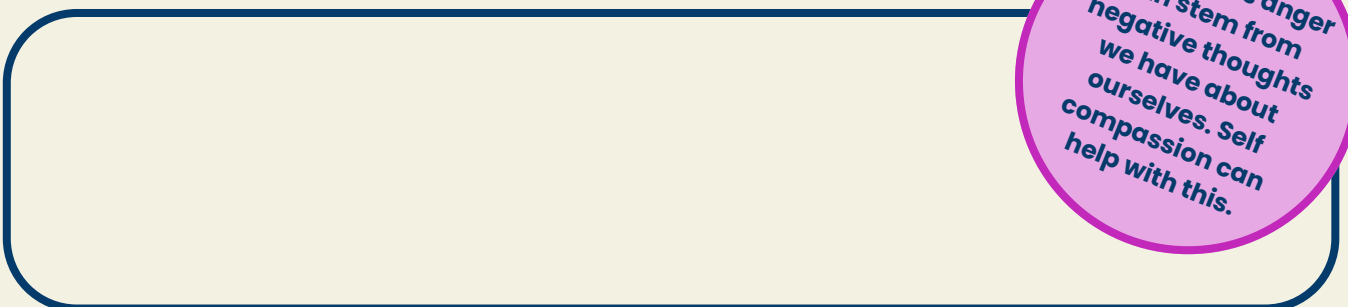
When did my anger start? What was happening? Who was there?



What small steps can I take to help me when I feel angry?



What compassionate words could I say to myself?



Sometimes anger
can stem from
negative thoughts
we have about
ourselves. Self
compassion can
help with this.