

JOURNALING:

Anger Management

Journaling allows us a safe space to prioritize problems, fears, and concerns. It allows us to process emotions and situations that may be weighing on us. You can organize your thoughts, set and achieve goals, self-reflect, relieve stress, and inspire creativity. Journaling is a form of therapy as you are holding a conversation with the person who knows you best: you.

For in the moment anger...

1. Express your anger: put on paper every negative thought, wish, and destructive impulse. Be completely unfiltered throughout this process.

This is for your eyes only, so treat it that way. No one will see what you write, and you can always shred it when you're done. Write until you feel the anger and tension release or until you are exhausted.

2. What are you angry about? What happened to hurt you? Was it an act by someone else? A situation out of your control? Free write, beginning with, "I'm angry because ..."

For reflection and exploration...

3. What occurred when you became angry? How did you react?

4. What were your automatic thoughts about the situation? Is there evidence to support this thought?

5. What was the outcome of how you reacted? Do you think you could've handled the situation differently? How?

6. Were you already nervous, tense, and pressured about something else?

