Express Your Anger

Everyone gets angry sometimes. While you may not be able to avoid anger all the time. You can express your anger in positive ways. One way to release tension from an aggravating situation is to write out your feelings and brainstorm ways to solve the problem.
Use this anger worksheet the next time you feel distressed.

What has caused you to be angry?

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What are some of the feelings and thoughts you are having because of the situation?

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Why does the situation make you angry? Could there be any other reasons besides the obvious. Think about your relationship with the person and past experiences.

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What are some ways you can make this situation better and avoid this in the future?

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