



A Harmonious Life
AHIL
AUTHENTICITY COACHING
BUSINESS CONSULTING

Processing Your Feelings of Anger

PDF WORKSHEET

THE SITUATION



What happened?

What did NOT happen?

What was my expectation?

ANGER



I am so angry that _____

This anger is making my body feel _____

I want _____ to know that _____

What about this situation feels futile?
That it is pointless or you are incapable of producing any useful results?

Is this actually true? If so, why do you believe this?

If you believe it is true, what is a healthy and productive way that you can put an end to this situation?

If it is not true, what healthy and productive steps can you take to resolve or change this situation?

Are there any values, beliefs or boundaries that you want to examine and/or change moving forward as a result of this situation?

If anger has always been your “go to” for handling stressful situations.



It is important that I stay angry about this situation because _____

My anger is serving me by _____

If I let go of my anger it will mean _____

If you have deep wounds around powerlessness and loss of control.



If I give up control in this situation it will mean _____

Being powerless reminds me of _____

If you were taught that being angry or expressing anger was not ok.



In my house, when I got angry _____

Angry people are _____

If you were raised by a very angry and/or abusive parent.



When mom/dad got angry they would _____

When mom/dad got angry I would feel _____

If you have unrealistic expectations of people and/or situations.



I expect that people should _____

I get so mad when people _____

This may be an unrealistic expectation because _____

If you have unrealistic expectations of yourself.



I expect that I should _____

I get so mad at myself when _____

This may be an unrealistic expectation because _____

If you need to fully accept and feel this emotion before you can move on.



It's ok to feel angry about this situation because _____

I want to get over my anger but first I need to _____

Something healthy that I can do to help cope with my reaction to anger is _____
