

Becoming Aware of Anger

Do I think how I express anger can be a problem in my life? Yes ___ No ___

If so, in what areas of my life that are most important to me have I seen problems when I express anger?

1. _____
2. _____
3. _____
4. _____
5. _____

Feelings

I can remember a specific time when I felt very angry and how I expressed anger resulted in many problems. In addition to anger, what else do I remember feeling at the time? **Without judging myself or others**, I can take my time, be as specific as I can, use the [Feeling Wheel](#), and list as many feelings as I remember.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

In the list of feelings above, I can circle the top 3 feelings I most *do not* like to feel.

Looking back at that same time, what do I remember feeling *after* I expressed anger? **Without judging myself or others**, I can take my time, use the Feeling Wheel, and list as many specific feelings as I can remember.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

In the list of feelings above, I can circle the top 3 feelings I *do* like to feel.

Thoughts

Before the incident occurred, what was I thinking *about myself*? **Without judging myself or others**, I can take my time and write as many thoughts as I can remember. I can also write down thoughts that I might not have been aware of but were also present at the time. Using "I-statements" can be helpful to me. Example: "I must be unworthy of respect since this person isn't respecting me."

- 1.
- 2.
- 3.
- 4.
- 5.

If another person or other people were involved—or I was thinking about them—before the incident occurred, what was I thinking *about them*? **Without judging myself or others**, I can take my time and write as many thoughts I was having about others as I can remember. I can see if any "you-statements" occur to me. Example: "You never appreciate me."

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Here are some insights I have gained about myself and anger.

When I am feeling _____, and do not want to feel that, and I am thinking _____, I am likely to express anger in ways I might regret.

When I am feeling _____, and want to feel _____, and I am thinking _____, I am likely to express anger in ways I might regret.

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When I pause to become aware of my feelings and thoughts, I give myself information and power. I can choose what might be most helpful for me to say or do next—or not say or not do.

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Source: <http://www.annegiles.com/2017/12/26/anger/>