Understanding My Anger

Choose one recent situation and reflect when you feel settled.
Write only what feels useful. You can leave any prompt blank.

Name (optional): _____ Date: _____

1 What happened?

Where was I? What seemed to set off my anger?

2 What was going through my mind?

What did I tell myself about the situation?

3 What did I notice in my body and feelings?

Body clues: tension, heat, heartbeat. Other feelings, if any: hurt, worry, sadness.

4 How did I respond? What happened afterwards?

Include what helped and anything I would like to handle differently.

5 What did I need? What could I try next time?

For example: space, rest, clarity, support or a boundary. Choose one small step.

If anger is frequent, overwhelming or causing harm, seek professional support. If anyone is in immediate danger, prioritise safety and contact local emergency services.