



Journal Reflection

FEELING ANGER

Take a moment to find comfortable sitting. Close your eyes and take a few deep breaths. Think of a recent memory when you felt angry. When you have the memory in mind, answer the following questions.

What triggered me?

Where in my body did I feel my anger?

Why did I feel angry?

How did I initially react?

Could I have reacted differently? If so, how? How can I approach the situation?

Quick tips when feeling actively angry

STEP 1: Accept your anger. Tell yourself, "I'm angry about _____. Now, what am I going to do about it?"



STEP 2: Don't react. Step away. Hold back your initial response/reaction. Walk away, count to 300, and/or take deep breaths in an isolated area until you feel calm and clear headed. It can take a while to calm down. Take all the time you need.



STEP 3: Dive deeper into what actually made you angry. What did the other person say or do that made you angry? How serious is the action and/or words they used wrong to you?



STEP 4: Think about your options. The way you plan to approach your anger, is it going to help your relationship with the other person or cause unintentional harm? Will they be receptive to your request or dismiss it? Is it better to let go or confront the other person?



STEP 5: Take a productive action. Decide to let go of the situation that made you angry or confront the individual. If you decide to confront, remember to do so in a calm and collective manner. Tell them, "I'm feeling really upset about a situation. Do you have a moment to discuss the matter with me? I really want to hear your perspective." Remember to listen and allow for forgiveness if willing.