

# Working with Anger: ACT-Based Reflection Worksheet

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## Understanding Anger in ACT

In Acceptance and Commitment Therapy (ACT), anger is viewed as a natural and valid emotion. It only becomes problematic when it interferes with living a meaningful life - often through fusion, avoidance, or unworkable actions.

## Reflection: How is Anger a Problem for You?

- What is anger getting in the way of in your life?
- How does it affect your behaviour or relationships?
- What do you do when anger shows up that makes things worse?

Write your reflections:

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## If Anger Was No Longer a Problem...

- What would you start or stop doing?
- What goals would you pursue?

- What kind of person would you like to be?
- What people, places, or activities would you engage with more?

Write your thoughts:

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### **Mindfulness of Anger in the Body**

Notice where you feel anger in your body. Is it hot or cold? Moving or still? What size or shape is it?

Use this space to explore what you notice:

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### **Self-Compassion for Anger**

Try saying to yourself: 'It's okay to feel this. I can be kind to myself in this moment.'

You might gently place a hand over the area where anger is felt and imagine sending kindness

inward.

### **What Might Anger Be Telling You?**

- What matters to you that this anger highlights?
- What changes might this emotion be pointing you towards?
- What kind of life do you want to build from this?

Write your insights:

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### **ACT Tools for Working with Anger**

- Defusion: Notice thoughts without getting caught in them (e.g., 'I'm having the thought that...').
- Expansion: Make space for uncomfortable emotions instead of pushing them away.
- Values Clarification: What does this anger say about what really matters to you?
- Committed Action: Choose actions that align with your values, even if anger is present.
- Dropping Anchor: Ground yourself in the present using your senses, body, and breath.