

Journal Prompts: Anger

1. Understanding Anger

1. What are the common triggers that make me feel angry?
2. How do I physically experience anger in my body? (e.g., tightness, heat, clenched fists)
3. What underlying emotions or needs might be contributing to my anger?
4. How do I usually express my anger—constructively or destructively?
5. What does my anger say about my values, boundaries, or expectations?

2. Exploring the Source of Anger

1. Is there a specific event or person that I am currently feeling angry toward?
2. What are the deeper feelings beneath my anger (e.g., hurt, fear, frustration)?
3. How does my anger reflect something I feel is unjust or unfair in my life?
4. Have I experienced a pattern in the types of situations or people that trigger my anger?
5. How does past trauma or unresolved issues contribute to my current feelings of anger?

3. Healthy Expression of Anger

1. How can I express my anger in a healthy and constructive way?
2. What strategies can I use to calm myself down before responding to something that makes me angry?
3. What positive changes could come from me addressing my anger instead of suppressing it?
4. How can I communicate my anger effectively without hurting others?
5. What would it look like for me to acknowledge my anger without letting it control me?

4. Anger and Self-Reflection

1. How do I feel about my anger after I've expressed it? Do I feel relieved, guilty, or something else?
2. How can I use my anger as a tool for self-awareness and personal growth?
3. How does my anger affect my relationships with others? Is it bringing me closer or creating distance?
4. What does my anger teach me about my needs, desires, or values?
5. How can I be more patient with myself when I experience anger?

5. Healing from Anger

1. How can I begin to release or let go of anger that I've been holding onto for a long time?
2. What forgiveness or letting go do I need to work on in relation to my anger?
3. How can I heal from the hurt or injustice that made me angry in the first place?
4. What would life be like if I was able to manage my anger more peacefully?

5. How can I cultivate more peace and patience within myself when faced with frustrating situations?

6. Anger and Boundaries

1. How can I set clearer boundaries in my life to prevent unnecessary anger or frustration?
2. What boundaries have I been ignoring or neglecting that are causing me to feel angry?
3. How do my boundaries impact how I feel about myself and my anger?
4. What boundaries do I need to set with others to avoid feeling resentful or overwhelmed?
5. How can I advocate for myself in a calm, assertive way when I feel anger building?