

Journaling Prompts for Anger

1. What was the trigger for my anger today? What did it really touch in me?
2. What is the anger protecting me from feeling (e.g., shame, fear, sadness)?
3. When did I learn how to express or suppress anger? What messages did I receive about it?
4. What does my anger want to say? Can I give it a voice in a safe way?
5. Who or what do I feel is violating my boundaries? What boundaries do I need to reinforce?
6. What do I need that I'm not getting? Can I ask for it directly?
7. When I express anger, what do I hope will happen? What actually happens?
8. Write a letter to someone you're angry at (you don't need to send it). What comes up?