

Learning from Anger

Worksheet

1. Write down a situation that made you feel angry:

2. How did you originally feel and react in this situation?

3. How might you reframe your original reaction of anger to reflect how you really felt or what you needed in the moment? What is it that you learned from your anger in this particular situation?

4. Write down a personal goal for how you might like to express your anger, or work with your anger, in a healthier way based on what you have learned today.
