



Purpose

When particular situations arise, you can find yourself being overwhelmed with very strong emotions, one of which being anger. While anger can be a mask for multiple different emotions such as being hurt, or even feeling disappointed, there are times where you will react with anger rather than how you would have liked to. This awareness exercise is an activity that can help with identifying how you responded to a specific emotion and work on creating an alternative response or identify coping skills that you can use.

Exercise

When working through an anger awareness exercise, you will assess the times when you have experienced and acted out of anger, as well as work on understanding how you felt and responded. This will help with working towards creating a different response or skills you can use when feeling overwhelmed with anger.

What was the situation that caused you to feel angry?

Ex. My partner spent all day relaxing instead of cleaning the house like I asked them to

How would you rate your anger?

(0-10)



What were your immediate thoughts towards the situation?

Ex. Feeling angry and wanting to shout at them

What was your automatic physical reaction to the situation?

Ex. I stormed out and slammed the door

What do you think about how you responded automatically?

Ex. I made the situation worse

What is an alternative response or coping skills that you can use?

Ex. Sit down and communicate my feelings calmly using "I" statements