

Anger

1. What does it feel like in your body when you are angry?
2. How do you usually handle it when you are angry? Do you like the way you handle it? If not, what would you like to be different?
3. What “triggers” or makes you feel angry? How can you avoid or manage these “triggers?”
4. Have you ever done anything you regret when you were angry? How can you make sure that doesn’t happen again?
5. Do you ever get angry instead of feeling sad or scared? Why is being angry easier?
6. If you could see your anger, what would it look like?
7. Who in your life handles anger in a good way? How do they handle it? What can you do to be more like them?
8. What would you have time to do if you weren't spending so much of your energy being angry?
9. When is anger helpful? When is it harmful?
10. How do you think your anger will affect your future?
11. What would it take for you to let go of your anger?

