



My Anger

Complete this on your own or with a therapist to help give a better understanding of your feelings of anger.

It can be useful to explore your angry thoughts and feelings, as this can help you feel more in control of them. You can draw or write the answers.

My anger feels like:

Using metaphor Eg. like an electric current, or a car crash.

Or you can describe how it feels physically/mentally eg. tight in my chest or overwhelming

If I was to draw my anger what would it look like?

If I was to draw how I feel when I'm not angry it would look like?

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I feel more angry when:

I feel less angry when:

When did it start?

Think about when in your life you started to be overwhelmed by angry thoughts and feelings, who was in your life, what were you doing, where were you?



What small steps can I take to help me when I feel angry?

The negative thoughts you may have about yourself because of your angry feelings can make things worse. Trying to be understanding and compassionate towards yourself can help you through this.

What compassionate words could you say to yourself?