



## JOURNAL PROMPTS FOR ANGER...

- What triggers a response of anger in me?
- What is my anger trying to tell me? What needs or boundaries is it alerting me to?
- Are there any common themes to the times or situations I am in where anger occurs?
- In what ways is anger a helpful emotion for me?
- What other emotions sit alongside my anger?
- How was anger dealt with or responded to in my upbringing?
- What are the unhealthy ways I deal with or express my anger? What are my healthy ways or strategies?
- When is my anger a primary emotion? When is it secondary? How do I know? Write about different situations (maybe recent ones)