

WHAT TO DO WITH YOUR ANGER

What is the Vulnerable Emotion
Driving the Anger?



Is there a physical reason for this emotional reaction? YES NO

Why is this situation eliciting this emotion?

Is there an underlying past experience that is causing this situation to feel bigger?

Do you feel comfortable or safe to express your vulnerable emotion? YES NO
If no, why not?

Is your anger righteous and justified? YES NO

How intense is your anger? 1 2 3 4 5 6 7 8 9 10

What tool can you use to distract yourself from your current thoughts and emotions?

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Vulnerable Emotions Word Bank

SAD: depressed, down, disappointed, rejected, abandoned, bored, hurt, blue, grieving, forlorn, unhappy, sorrowful, dejected, miserable, despondent, despairing, mournful, heartbroken, crestfallen, melancholy, subdued, woebegone, lonely

ANXIOUS: nervous, worried, fearful, overwhelmed, scared, frightened, concerned, uneasy, apprehensive, distressed, tense, jumpy, disquieted, bothered, worked up, keyed up, disturbed, edgy, jumpy, fretful

SHY: embarrassed, insecure, self-conscious, timid, bashful, inhibited, mortified, reserved, reticent, introverted, repressed, humiliated, chagrined, awkward, sheepish, ashamed

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Behavioral Distraction Tools

The tools to address anger also becomes dependent upon how angry you are. The greater the intensity - often the more physical the tool needs to be.

- Take a walk
- Read
- Garden
- Draw
- Sing
- Go for a run
- Deep breathing
- Hold ice
- Journal
- Rock climb
- Get a message
- Cook a meal
- Watch a movie
- Muscle relaxation
- Take a bath
- Read
- Pray
- Workout
- Stretch
- Talk with a friend
- Boxing
- Shred paper
- Go hiking
- Paint
- Target practice
- Go for a drive

Add more tools that you have found to be beneficial to distract and decrease your anger.
