



# Anger Self-Reflection Journal

Use these prompts when you're feeling overwhelmed, activated, or simply angry. There's *no wrong way* to answer — just be honest, kind, and curious with yourself.



## *Name the Fire*

1. What triggered my anger today?

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2. Where do I feel it in my body?

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3. On a scale from 1–10, how intense did my anger feel?

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## *Look beneath the flames*

4. Is there a softer feeling hiding underneath this anger (e.g., hurt, fear, disappointment)?

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5. What story am I telling myself about this situation?

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6. Is this anger familiar? Have I felt this way before in past situations?

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### *Meet your needs*

7. What boundary might need to be expressed or reinforced?

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8. What would have helped me feel more seen, heard, or respected?

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9. What do I need right now to feel calm and supported?

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### *Let the Anger Teach You*

10. What is this anger trying to protect me from?

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11. What values of mine feel challenged or disrespected?

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12. What can I learn about myself from this moment?

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## *Shift with Compassion*

13. What would I say to a close friend feeling this way?

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14. What's one small, kind thing I can do for myself right now?

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15. If I could speak this anger out loud with love and clarity, what would I say?

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*And remember, you deserve to embrace and express every part of yourself, as long as it's done in a safe environment for you and remains respectful toward others.*

*You got this!*

