

Anger Journal Prompts

1. Has anger been a lifelong problem for you?

2. When did you first notice that you're struggling with anger? Has it worsened or improved over time?

3. Are you aware of any early experiences that may have caused anger?

4. How is anger causing problems in your life and relationships with others (e.g., friendships, romantic relationship, parenting)?

5. How would your life be different if you felt less angry or learn to manage it well?

6. What situations or people trigger your anger?

7. How do you react to anger? Do you withdraw, yell, break things?

8. Do you tend to be judgmental with yourself when feeling angry? If so, what purpose is being hard on yourself serving?

9. If you feel angry, how can you calm yourself in healthy ways?

10. How can you show yourself more acceptance and compassion?

11. Where can you ask for emotional support or help?

12. What do you need to forgive yourself for?

13. If you could write a letter to your anger, what would you say?

14. What changes can you make in your life to reduce stress?

15. What advice would you give a friend or family member who is struggling with the same anger issues?
