

anger management

write about your anger

This worksheet is a simple tool designed to assist you in developing your personal skills to better manage your current situation.

If you are having problems understanding the content of the worksheet or with the topic and would like further support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Understanding our anger can be difficult. We might feel angry, yet often we cannot discover where it is coming from. Reflective writing can offer insights into why we are angry. It can also assist with processing our angry feelings rather than acting them out in an abusive way.

Exercise

There are different ways we can use writing as a helpful strategy. Below are two options for writing about your anger in a safe way. Use one or both exercises if they work for you:

1. Write about your anger using sentence starters.
This may help to prompt you to think about different elements of your anger.
2. Write an **unsent** anger letter to another person

This type of writing is for your eyes only. It is very important it is NEVER sent or seen by anyone else (other than perhaps a professional therapist). The letter expresses unprocessed, raw anger and could be damaging to others, just like raw verbal anger can be abusive. When you have finished writing the letter you may want to put it away and read it later. If so, make sure that it is completely hidden. After you have read the letter a few times DESTROY the letter so that no one else can read it.

When you are feeling calmer you may want to set up a time to talk about your anger. Perhaps more helpful would be talking about the feelings behind your anger with the other person in a constructive way (see 'I' statements and conflict resolution worksheets).

As a guide, writing about anger takes about 5-30minutes. If the spaces provided are not long enough, you may need some extra paper or a notebook.

Begin with finding a quiet place and allow some time where you will not be interrupted. When you are ready, start to write about your feelings.

Complete the following sentence starters

I get angry when *[example: no one listens to me]*

I feel like I am *[example: invisible and not important]*

When I am *[example: invisible and important]*

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