



The Subtle Art of Using Anger to Your Advantage

This worksheet will help you recognize what your anger is trying to tell you so that you can control it and use it to your advantage.

What is the last thing you remember feeling angry about?

What thoughts were you having?

What feelings (other than anger) were you having?

What were you reacting to?

- Was someone overstepping your boundaries?
- Was an unresolved trauma being triggered?
- Were you in denial about something?

Describe your reaction as vividly as you can.



How would you like to react to similar situations in the future?



What actions can you take to create this reaction?

Prompts:

- Think about whether you were an erupter or a stuffer.
- Erupters may want to start with slowing their breathing, loosening their muscles, and taking themselves out of the situation. Then maybe move on to listening to what their anger is trying to tell them.
- Stuffers may want to start by acknowledging and accepting their feelings. Then maybe move on to showing some compassion to themselves.

Go back through this worksheet as many times as you need to, for as many instances of anger as you need to.

I created another post that might help you understand a little bit more about where your anger's coming from. Copy this link into your browser to access it.

<https://theexpectationgaps.com/how-to-become-your-best-self-embrace-your-dark-side>