



 **SOMETiMES, i GET ANGRY!**

Finish the sentences to journal about your anger.
Remember ... your anger on paper doesn't hurt anyone!

Sometimes, I get angry because...

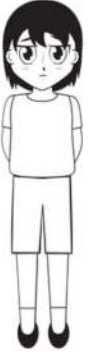
| What makes you angry?

When I'm REALLY, REALLY angry, I...

| What do you do and say when you are angry?

S I F T your feelings

Think of a time when you felt really angry and remember this scene ... maybe someone told you something, maybe someone didn't do what they said or maybe it was something unfair that happened. Notice, then Journal below ...



S - What **SENSATIONS** did you feel in your body?

[did you notice tension in your shoulder? - a sore or sore tummy?] write what you noticed down...

I - What **IMAGES** did you see in your mind?

[did you see a place you know? - were you trapped? - or screaming?] write what you noticed down...



F - What **FEELING** is it?

[are you angry? what else do you feel?] give each of your feelings a name...



T - What **THOUGHTS** passed through your mind in that moment?

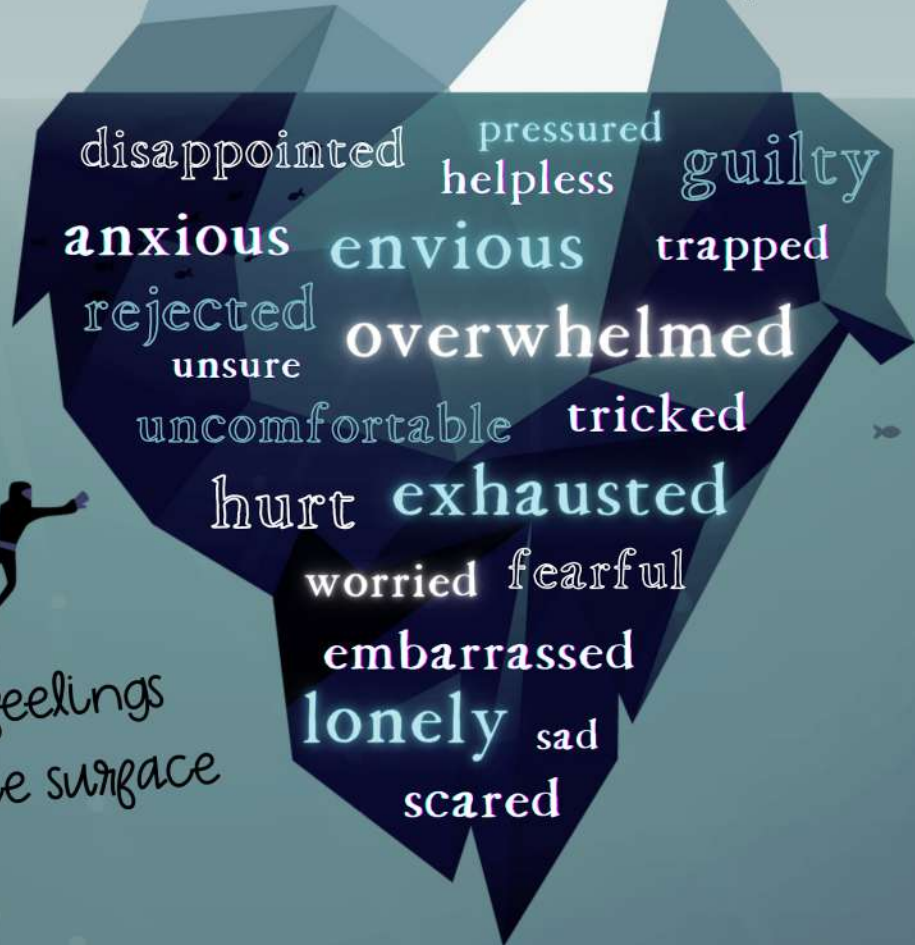
[just notice, don't ask why] what were you thinking...





ANGER

on display



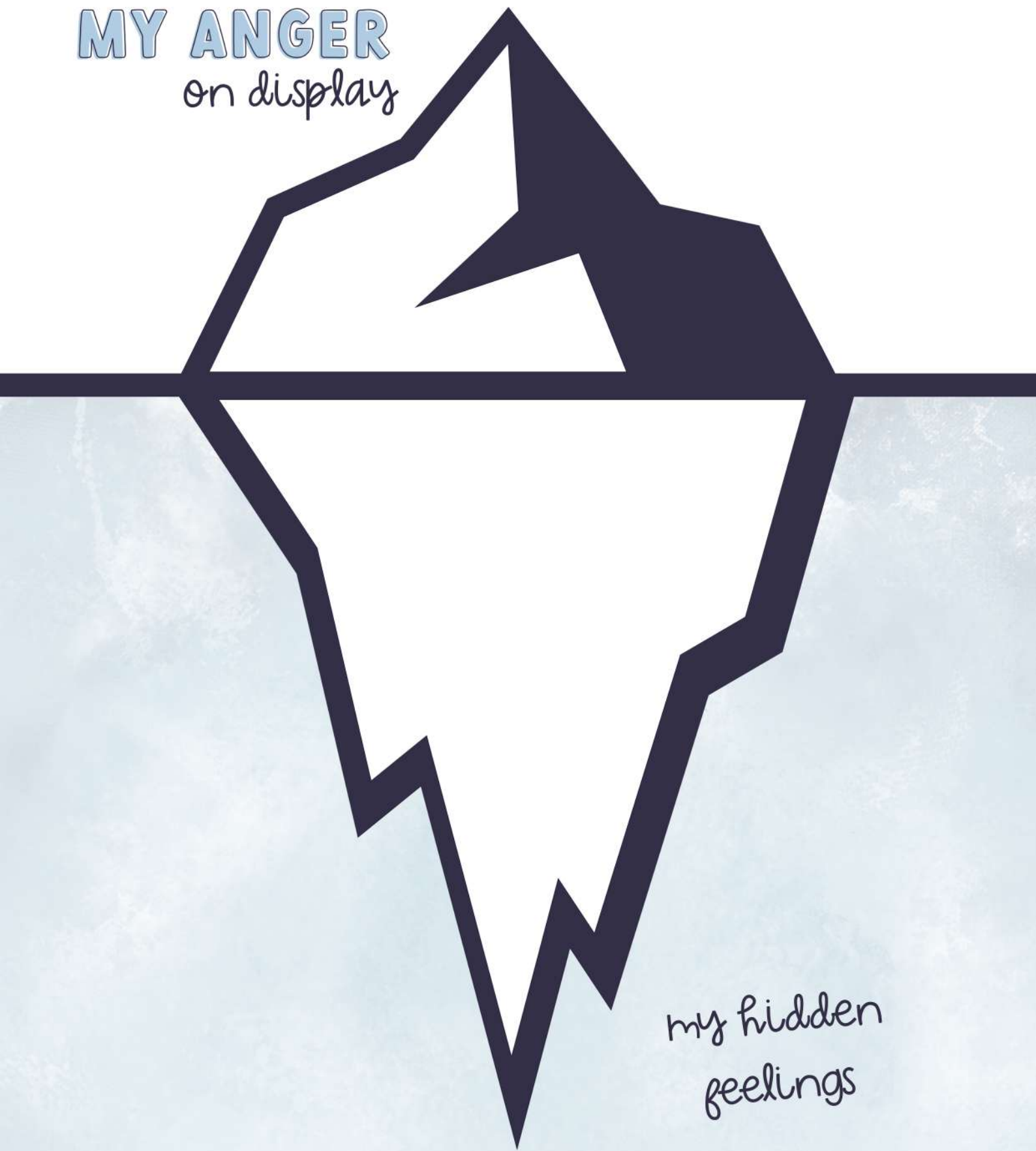
*hidden feelings
beneath the surface*

ANGER ICEBERG

Icebergs are large pieces of ice floating in the open ocean. What you can see on the surface is only the tip of the iceberg as most of it is hidden below the water. The emotion of anger can be looked at in a similar way to an iceberg. We may see a person getting angry but often there is a more vulnerable feeling that came right before the feeling of anger. At times, anger is displayed but it is covering a deeper feeling that is hidden beneath the surface.

MY ANGER

on display



my hidden
feelings