



# THE ANGER PROCESSING

A Tool for Understanding and Managing Emotional Responses

Anger is a natural emotion that signals something important. It often shows up when we feel hurt, disrespected, or overwhelmed. This space helps you pause, understand what's underneath your anger, and choose a response that supports your well-being.

This worksheet aims to provide a structured and supportive approach to processing anger, offering a safe space to explore emotions and learn from experiences.

## What Triggered My Anger?

*Describe the situation or event.*

## What Did I Feel?

*List emotions beyond anger, e.g., hurt, frustration, disappointment.*

## What Thoughts Went Through My Mind?

## How Did My Body Feel?

## What Did I Do (My Reaction)?

## **Pause & Reflect**

*It's okay to feel angry. What matters is how you process and express it. Take a moment to breathe deeply. Use this space to slow down.*

## **What Do I Actually Need Right Now?**

## **Healthy Ways I Can Respond Next Time**

*Encourage alternative actions or coping strategies.*

## **Afterthought**

*What did I learn from this experience?*

## **Remember**

*“Anger is a signal, not a flaw—listen, learn, and respond with care.”*

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