

Anger Management Toolkit

Drawing about your anger



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

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Anger needs to be expressed appropriately. If we do not express our anger appropriately, it can impact our health and often comes out in other ways. Anger can be expressed in various non-abusive ways.

One way to safely express anger is to draw. As we draw we can learn about the anger. It may give us more information, and then help us to address it.

This exercise is aimed to identify some angry feelings and use drawing to express it appropriately.

Activity

This exercise takes about 5 to 10 minutes and people like to take some time later to reflect.

How to make a start

- Gather some plain paper and a handful of crayons, pencils, paint and paintbrushes or even biros. Find a quiet place away from distractions and without alcohol.
- Sit at the table or on the floor, close your eyes and remember a time you felt angry.

Spend some time thinking about the situation. If it is hard to recall the feeling, here are some things to think about:

- What led to the situation?
- What happened in the situation in detail?
- Try and recall the bodily sensations
i.e. tense, hot, tight.

How to draw about your anger

- Now you have started to recall the angry feelings, open your eyes, and start drawing.
- The drawing does not have to be anything specific: no outline, thing or person. It may just be scribble, or it could be a picture.
- Keep going for 5-10 minutes. When you are finished, does this change your feelings at all? If it makes you feel angrier, seek assistance. Call MensLine Australia on 1300 78 99 78. If it helps to reduce your anger, then you may want to do this another time.
- Put the drawing away somewhere safe.
- Head off for a walk or some form of relaxing physical exercise, and take some time for reflection.

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78