

Anger Management Toolkit

Write 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

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.

Activity

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).

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]*

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When I am *[example: invisible and not important]*

I feel *[example: stupid]*

And do not feel *[example: good enough]*

And that makes me *[example: frustrated and then I get angry]*

Unsent anger letter

When writing this type of anger letter do not censor yourself. Write about every angry thought that comes into your head. Just keep on writing, do not correct mistakes, do not be tidy, and do not worry about spelling. Write, until you can write no more and you feel a little calmer.

Start the letter with:

To *(the person you are angry with):*

This is what I needed you to know

OR This is what I want to say

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