

## Anger Release Journaling Exercise (10 Steps)

This journaling exercise can be a helpful way to release any feelings of frustration or anger that you have toward yourself, another person, an organization or perhaps a situation.

It is important to be in a safe space while doing this exercise.

Please obtain professional help if your feelings could lead to actions which could cause harm to yourself or another.



## Anger Release Journaling Exercise (10 Steps)

- 1. The Upset:** Think of something that is upsetting to you.
- 2. My Intention:** Write down what you actually want to experience.
- 3. The Event:** Write down the specifics of what happened.  
– Who, What, When, Where
- 4. My Reactions and Thoughts:** Write down all your reactions, thoughts etc. Let the ego have its voice - get loud, put it all down, let it all out.
- 5. My Feelings:** Write down how you are actually feeling about this situation. Underneath my anger, I am really feeling....keep your pen on paper and continue to write, Underneath my anger, I am really feeling.....
- 6. Just Like When:** Write down when in your life this feeling first showed up. (ex. Age, school grade, location, season, month, date, year, specific life event.)
- 7. What I am Making it Mean About Me:** Write down what you are believing about yourself as a result of the event. (ex. I am a failure, I am not good enough, I am weak.) What does it feel like to believe this?
- 8. What Really Happened and What is True?:** Write down what actually happened if you were looking at the event as an outsider when it unfolded.  
Ask yourself, what is true about myself, the other and the reason this must have happened? What is this for?

If someone like Buddha or Mother Teresa watched this event, what would they say it is for? You are not finished this step unless they and you would agree.

(**Optional step:** Correct what really happened in the past as well.)

**9. Action Required:** What would be a demonstration of applying what is true about me, anyone associated with this event and perhaps those in the past as well?

**10. How I Feel After This Action:** Take note of how you feel after taking action to see and act differently about what occurred.

It may take one attempt to release the feelings of anger or it may take a few attempts over the course of a few days or weeks to work through this exercise.

If you need additional help with dealing with anger, you can book a Wake Up Call to work through things further.

**Go to:** [www.EngageCoachingGroup.com/TheWakeUpCall](http://www.EngageCoachingGroup.com/TheWakeUpCall)