

## **AN ANGER ANALYSIS**

**Use this exercise to get a better understanding of what you anger feels like to you, what you get angry about, how you learned to express your anger from those who influenced you in your life, and how you can begin to change the way you express your anger when you experience it. Draw your anger and answer these questions on separate sheets of paper.**

### **1) COME UP WITH A DRAWING OF WHAT YOUR ANGER LOOKS LIKE AND HOW IT FEELS TO YOU AT ITS WORST**

**...using pictures, symbols, words, and/or colors (on a separate sheet of paper)**

**...bring this drawing and be prepared to share it with others**

- In the future, close your eyes and visualize this anger drawing whenever you are starting to escalate and then think of and visualize a “HEALING IMAGE” that you can use to transform the anger image into a more calm and peaceful scenario
  - ...E.G. if your anger drawing is an erupting volcano, your healing image might be a huge pail of water poured over the volcano that cools the volcano and puts out the fire
  - ...E.G. if your anger drawing is a violent thunderstorm with lightning and pelting rain, your healing image might be the sun breaking through the dark clouds and dissipating the storm

### **2) What are you like when you are angry at this point in your life?**

- what do you think about?
- what does your anger feel like to you?
- how do you act?

### **3) What are you like when you are not feeling angry?**

- how are you different from what you said about yourself above when described your being angry?

### **4) What did you learn (what messages did you get) about being angry and expressing your anger during your childhood and adulthood from:**

- **YOUR FAMILY** (from your father, your mother, your siblings, your relatives and extended family)
- **YOUR TIME AT SCHOOL** (from administrators, teachers, classmates)

- **YOUR TIME PARTICIPATING IN SPORTS ACTIVITIES AND ON ATHLETIC TEAMS** (from your own and opposing coaches, teammates, opposing players)
- **YOUR TIME AT WORK/ON THE JOB** (from supervisors, co-workers, employees)
- **YOUR RELIGIOUS BACKGROUND AND TRAINING**
- **YOUR TIME IN THE MILITARY** (if applicable)
- **YOUR FRIENDS AND PEERS** (outside of school and work)
- **YOUR PAST AND CURRENT PARTNERS**
- **THE MEDIA** (through TV, radio, the movies, the internet, advertising, books, and magazines)  
 ...Who were/are your heroes in the media during your childhood and adulthood and how did/do they express and handle their anger?

**5) What sorts of things do you become angry about at this time or did you in the past?**

**6) What specific thoughts, attitudes, and behaviors would you like to change about how you experience and express your anger (with yourself and others)?**

**7) How will you AND others know that you have changed how you experience and express your anger? What will be different?**