

# Intentional Life Plan

Self-Reflective Questions

# Expressing Anger

## Related content

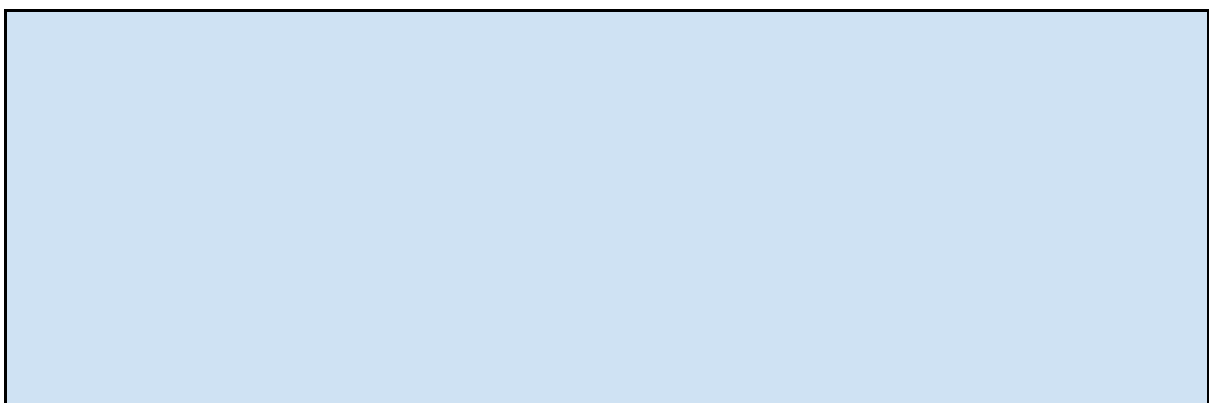
- Chapter 13: 'How to Say I'm Angry'
- Assertiveness Life Areas ● Anger Release Steps Worksheet
- Empowering Words and Phrases
- Kindness Type Self-Reflective Questions
- The Power Words Checklist

Write down and complete the following sentence: The areas of my life which would improve by acknowledging anger are:



Write down and complete the following sentence: The other emotions I feel alongside anger are ...

(If you are unsure, refer to Anger Release Steps Worksheet)



It is the little child within who finds it hard to express anger appropriately because emotions take over.

Write down and complete the following sentence: *One thing I can tell my child self to help him/her feel less distressed is:*



It is perfectly OK to express anger, when done so appropriately.

Write down and complete the following sentence: *I can express my anger appropriately by ...*

