Expressing Anger

We can feel uncomfortable expressing strong emotions, such as anger. This can be especially true when how we express anger is disproportionate to the situation, or we have trouble maintaining control.

Answering the following questions will help you find a safe way to explore your anger so that you can express it more appropriately when necessary.

Find yourself a safe place, away from others, where you will not be disturbed; a place where you have time to calm down if you are feeling highly emotional.
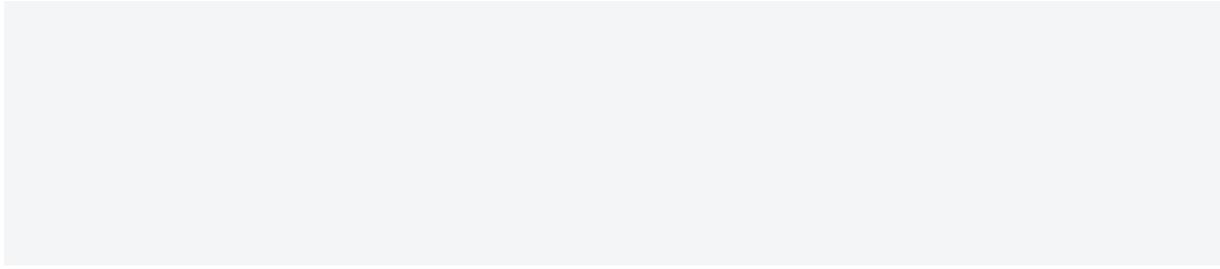
Writing down your feelings can help you understand them and become more comfortable with them—identifying what is reasonable and unreasonable:
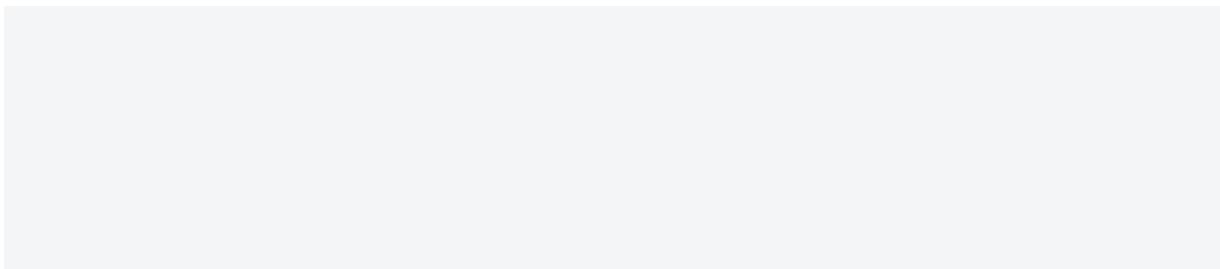
What situation or event are you angry about?

Could there be something else behind your anger and the current situation? Is there something deeper causing your anger?
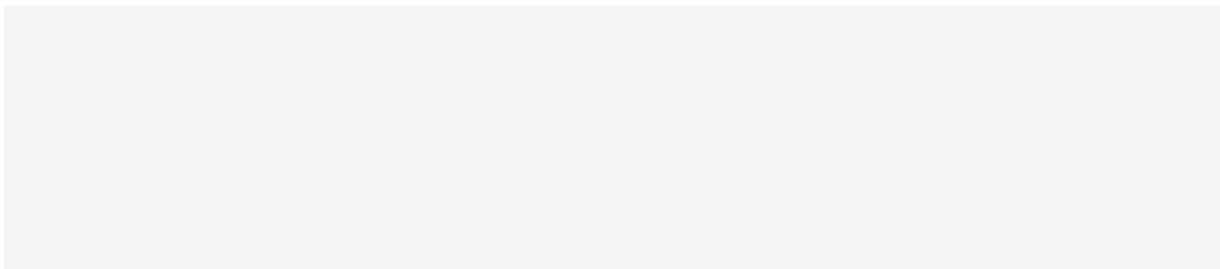
How does your body feel?

How does your mind feel?

Do you think your level of anger is appropriate to what is happening?

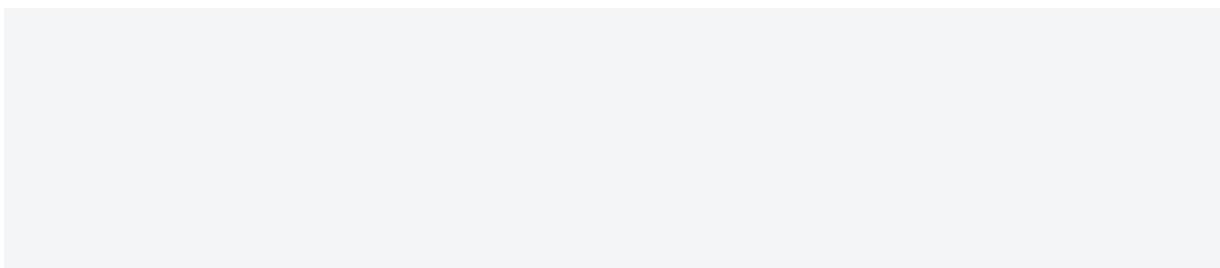**Can you see how your anger may be making the situation worse? How?**

What could you say regarding how you feel to someone real or imagined?
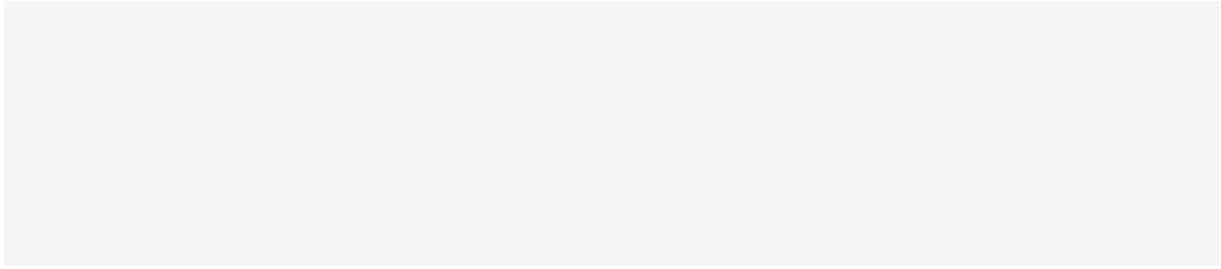
Perhaps using the following format:

> **When** [event/situation] happens
> **I feel** [angry, upset, annoyed ....]
> **And it makes me** [yell, walk away, go quiet]

Then think about, and write down what you need and how the other person could help.

Dr. Jeremy Sutton