

# Exploring Your Emotions for Anger Management

Anger is often a secondary emotion that arises when you feel vulnerable. Emotions like hurt, fear, sadness, or shame can leave you feeling exposed or powerless, and anger can emerge as a defense against these uncomfortable feelings. It can provide a sense of control or strength in situations where you might otherwise feel overwhelmed or insecure. While anger may serve as a temporary barrier, making it easier to cope in the moment, it can also prevent you from fully understanding and addressing the deeper emotions beneath the surface.

By recognizing and labeling these underlying emotions, you can become more aware of your emotional state and develop coping strategies that target the root cause rather than just the anger itself. This might involve practicing self-soothing techniques, communicating more openly with your loved ones, or challenging unhelpful thoughts. Over time, these strategies can help you build emotional resilience and reduce the intensity and frequency of angry outbursts.

Anger is often just the tip of the iceberg.



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This worksheet is designed to help you uncover the emotions beneath your anger and express them in healthier, more effective ways. By identifying and labeling these underlying feelings, you can gain deeper insight into your emotional state. Regularly using this worksheet will help you track patterns in your emotions and build healthier coping skills over time.

## PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Vulnerable	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic



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## PART 2: Track Your Emotions

Use the table to track your emotions throughout the week. Write down all the emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
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## PART 3: Explore What Is Beneath the Surface

Examine a recent situation where you got angry and explore what was occurring above and beneath the surface.

**What Happened?** Describe the situation in detail.

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**Describe how you expressed your anger in the situation. What did you do or say?**

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**Consider what deeper emotions might be hiding beneath your anger.**

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## Step 4: Develop Healthier Responses

Based on the deeper emotions, consider alternative ways to respond that address those feelings without resorting to anger. What could you do differently next time?

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Ask yourself if your anger is based on facts or assumptions. Look for evidence that supports or contradicts these thoughts, and consider more balanced, realistic perspectives.
- Remind yourself that it's ok to be angry! It's not ok to lash out and say things that hurt others.
- Keep a journal to document thoughts that feed your anger. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter angry thoughts and affirm your ability to handle challenges.
- Create a list of positive qualities of the people who anger you the most. Review this list whenever anger arises to remind yourself that everyone has strengths and challenges- no one is all bad.

Emotion: .....

Coping Strategies:

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Emotion: .....

Coping Strategies:

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Emotion: .....

Coping Strategies:

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Emotion: .....

Coping Strategies:

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Emotion: .....

Coping Strategies:

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Emotion: .....

Coping Strategies:

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

