



Anger- Discussion Questions

This week spend some time thinking about your relationship with anger. Use these questions below to guide your thoughts and journaling.

Understanding Anger Outward:

What specific situations or people tend to trigger your anger most frequently?
Consider: Are there patterns in these triggers that reveal deeper wounds or unmet needs?

your anger towards others?

In what ways have those expressions of anger affected your relationships?

Recall the “Anger Iceberg” we discussed in group. (photo below) In what ways might your anger towards others be a reaction to feelings of fear, hurt, or betrayal?

What are some positive ways you can express or channel your anger towards others to promote understanding and resolution?



Understanding Inward Anger:



How often does your self-directed anger impact your self-esteem and overall mental health?

When do you find yourself turning anger inward, and what emotions or ANTS (Automatic Negative Thoughts) accompany this self-directed anger?

Consider: Do you feel shame, guilt, or a sense of failure when you're angry at yourself? Do you make statements like, I'm an idiot, I'm a failure, I don't deserve...

Write down the ANT that most often accompanies internalized anger for you.

What events or voices have spoken those words over you in your past? Can you trace those statements back to things others have said? How your stories told you these words about yourself?

In what ways are you discovering that your anger at yourself is a reflection of unresolved pain or trauma from your past?

How can you begin to practice self-compassion and forgiveness to reduce your inward anger?
