

Spot-check of Your Anger

Sometimes we are unaware of our anger and may fail to notice it building within us.

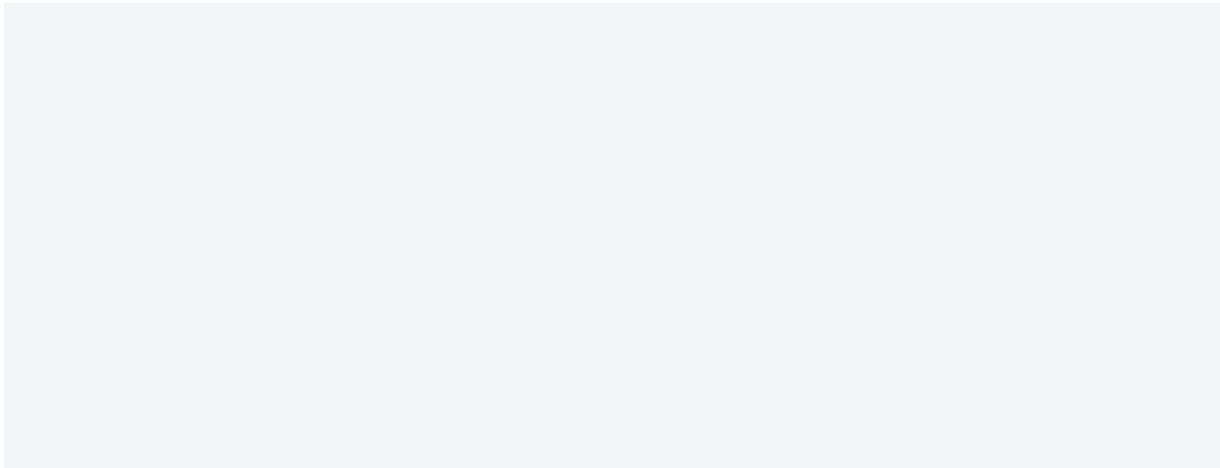
Use the following questions to conduct a spot-check of your anger to bring your feelings into mindful focus and consider the actions you need to take:

Answer the following questions (modified from Catalano, 2018):

How is your breathing?

Become aware of the rise and fall of each breath.

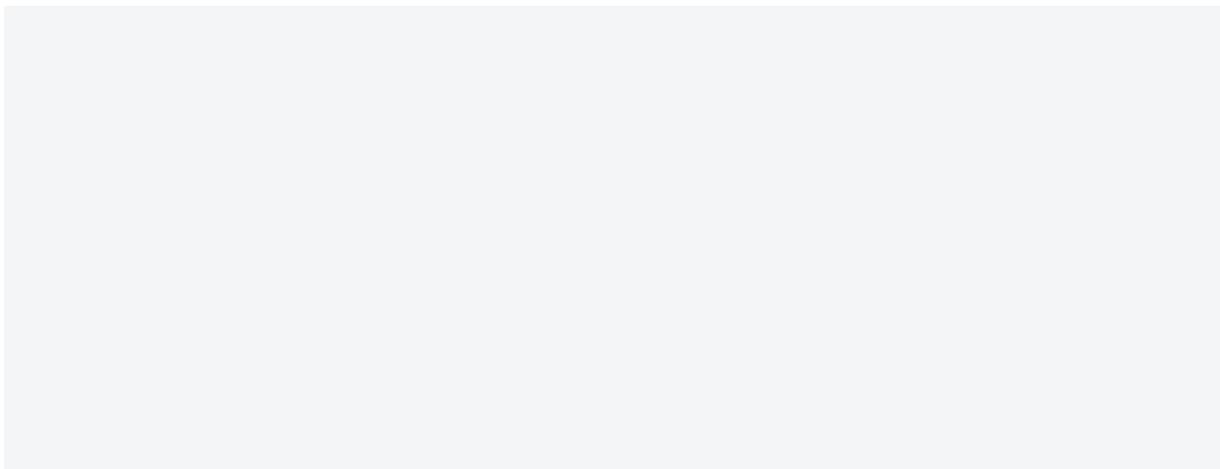
How does it feel?



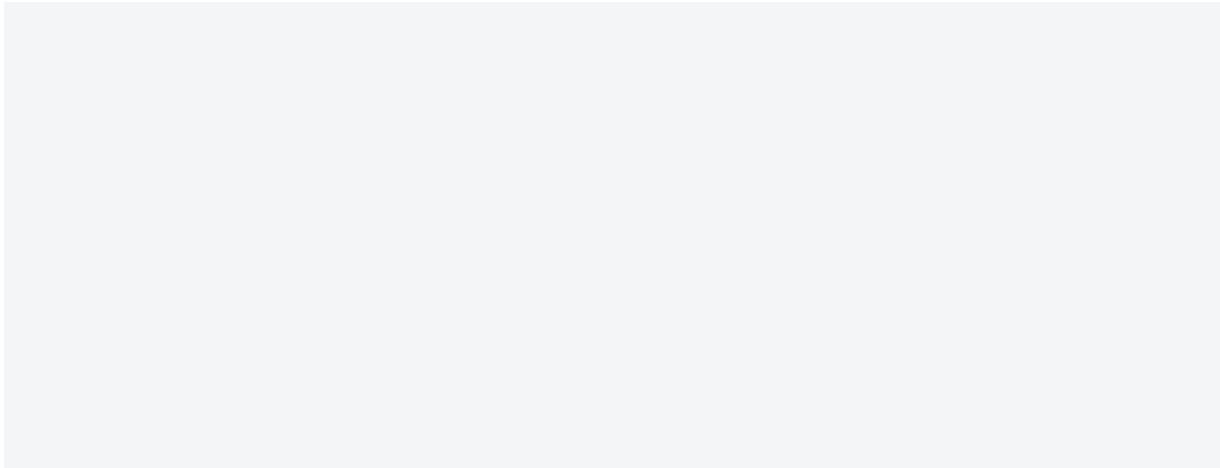
How are your thoughts?

Observe them without judgment.

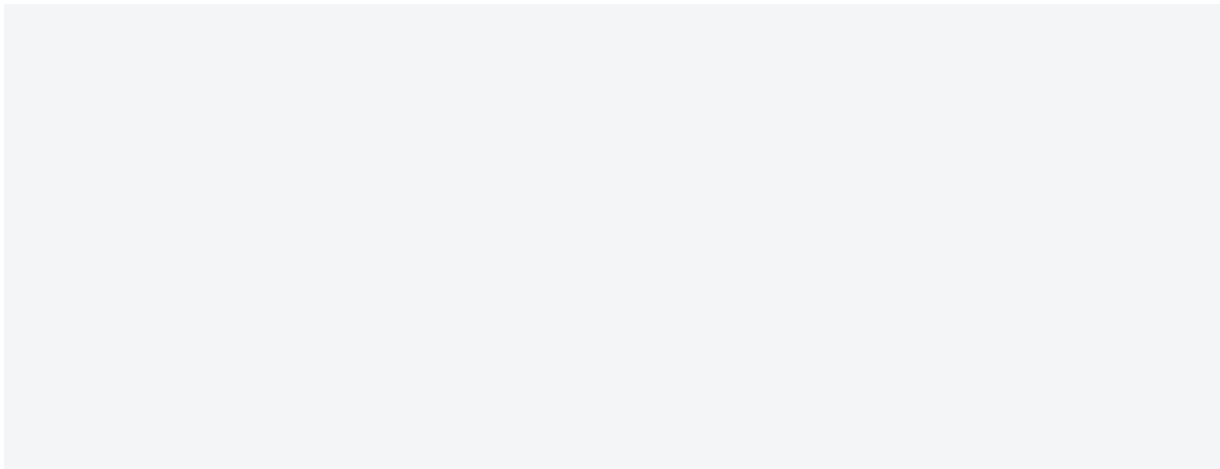
What are you thinking and feeling?



What connections can you form between what has occurred recently and these thoughts and feelings?
Describe them.



What changes would you like to make to your thoughts and behaviors?
Describe them.



References

- Catalano, J. (2018). *The anger management workbook for women: 5-step guide to managing your emotions and breaking the cycle of anger*. Althea Press.

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