

Journal Writing Ideas on Anger

Writing has always been an important tool for slowing down and taking a deeper look at our lives. It has provided some of our greatest literature but also countless moments of personal reflection and growth. Some ways participants have used journals include:

Keep an anger journal, reflecting on feelings of anger when they arise. What was the immediate cause? Was this similar to other times you have gotten angry? In what ways could you defuse or transform this anger?

Write about your anger's:

Intensity over time

Duration over time

Frequency over time

Write about these ideas:

Anger is love as a tornado...

We can be the subject of anger, the object of anger or the ruler of anger

The way anger was handled in my family was...

A time my anger got me into trouble was...

A way I have used my anger constructively is...

A childhood experience where I felt acknowledged and affirmed was...

The ways anger can be good are...

The ways anger can be bad are...

I feel angry when...

I feel my anger is...

When I feel other people's anger directed at me, I feel...

I feel that other people's anger is usually...

A situation that pushes my buttons is...

Something that really upsets me is...

How can you fulfill your need for: survival, connection, meaning in life, control or power over your life, fun

Explore the ways you deal with your anger by suppressing, expressing, defusing, and/or transforming it.

Reflecting on Family Karma

Each of us enters this lifetime through the miracle of birth--conceived by humans, pushed into the world through the body of our mother. Well chosen or not, we are all born into family, lineage, tribe. Now, it would be lovely if the family we've landed into is brimming with nothing but love and light, a continuous feast of honey and roses. However, for many of us this is not the case.

The Seven Shadows

There are seven karmic shadows that are written into the history of our families. Healing is possible no matter how difficult or painful your family relationships have been.

The seven shadows are:

- Abuse
- Violence
- Illness
- Betrayal
- Addiction
- Poverty
- Abandonment

All are excellent areas for journaling. Explore ways you have experienced each, may feel responsible for things that never should have happened in your childhood, ways you may have continued the cycle, ways you can be aware and end the cycle and build a brighter emotional world for yourself and your family.