

Letting Go Of Anger

Write down any feelings of anger or grudges you are holding inside. It could be about something that happened recently or from the distant past. Then answer the questions below to think how your life might be different without the anger.

What Are You Angry About?

What Do You Gain From Staying Angry?

Can You Forgive The Person Who Caused the Anger?

Is Your Anger Holding Your Back In Your Life?

What Might Your Life Be Like Without Your Anger?

What Would Be The First Step In Letting Go Of Your Anger?
