

Anger Management Meditation

Objective

To increase your ability to manage anger using the Anger Management Meditation technique.

What to Know

This 10-minute audio will help you practice managing your anger, frustration, and irritation.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time with managing your anger.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

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Begin by setting your intention for your meditation practice. Give yourself permission to handle your anger in a healthy and productive way.

Close your eyes, and take a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. Allow your body to relax with each breath, releasing any tension or tightness. Feel your body being in contact with the chair or cushion underneath it.

As you continue to breathe deeply, bring your awareness to your emotions. Notice if there is any anger present within you. Are you frustrated? Annoyed? Allow yourself to acknowledge how you feel without judgment or resistance. Simply observe it as a sensation in your body or a thought in your mind.

Now think back to a recent time you experienced anger. Start with something small that you remember clearly, and envision and re-experience what happened, allowing yourself to feel the full strength of that initial emotion.

Note what rises up within you. As you recall this anger, are you experiencing other emotions like fear or sadness? Note that but try to stay with the original feeling of anger.

Note where in your body you feel this anger and allow yourself to explore this sensation. Don't reject or push away this sensation. Investigate the sensation to develop your understanding of where these subtle sensations sit in your body.

As you investigate the sensation, note whether it increases or decreases in intensity. Does the sensation change? Does it move across your body? Is it red hot, or ice-cold?

Begin to apply kindness and compassion to this sensation of anger. The emotion of anger is a natural part of life that we cannot avoid.

Note what happens when you treat your anger with the same compassion and tender care you would show to a small, innocent child.

Now, visualize yourself standing on the shore of a calm, peaceful lake. The water is still and clear, reflecting the sky above. This lake represents the stillness and tranquility that lies within you, beneath the surface of your anger.

As you gaze at the lake, notice the ripples on the surface caused by your anger. The waves may be choppy and turbulent, but beneath them, the lake remains calm and serene. Just like the lake, your true nature is one of peace and stillness, regardless of the emotions that may arise.

With each breath, imagine the ripples on the lake gradually calming down. As the waves settle, the surface becomes smoother, and the reflection of the sky becomes clearer. Allow your anger to slowly dissolve, as you connect with the peace that resides within you.

Now, bring your attention to your heart center, the area in the middle of your chest. Visualize a warm, golden light glowing in your heart. This light represents your inner peace and wisdom.

As you focus on this golden light, allow it to expand with each breath, filling your entire body with its warmth and radiance. Feel this light spreading through every cell, tissue, and organ, bringing a sense of tranquility and ease to your entire being.

As you bask in the glow of this golden light, repeat the following affirmations silently or out loud:

"I am peaceful and calm."

"I release all anger and resentment."

"I am in control of my emotions."

"I choose to respond with love and compassion."

Continue to breathe deeply and feel the golden light expanding within you, enveloping you in a cocoon of peace. Stay in this state for as long as you like, allowing yourself to fully embrace the serenity that resides within you.

When you are ready, gently bring your awareness back to your breath. Take a few deep breaths, inhaling deeply and exhaling slowly. Wiggle your fingers and toes, and when you are ready, slowly open your eyes.

gently letting go and saying goodbye to the sensation of anger. Do this by bringing attention back to your breath.

Keep breathing with a deep diaphragmatic breath until you feel your emotional state settle again, letting your breath calm you and heighten your awareness.

Once you have settled again, notice what sensations are still lingering in your body. Have they changed since you observed them alongside the anger? How did you anger respond to the compassion and kindness that met with it during this meditation?

Take a moment to reflect on how you feel after this meditation. Notice if there is a shift in your emotions and how you perceive your anger. Remember that you have the power to choose how you respond to your emotions, and you can always come back to this meditation whenever you need to find peace within. May you carry this sense of tranquility with you throughout your day.