



Soul Searching Exercises



I like the way I am able to handle my anger. I am not afraid to feel angry.

I am able to handle my anger in a healthy manner. Feeling anger is normal and I am able express it in appropriate ways. Knowing that the way I express my anger is healthy and appropriate makes me happy and empowers me.

Using skills like deep breathing, looking at the situation from the point of view of others, and detaching myself from the situation allows me to handle my anger in a way I am proud of.

I am unafraid of feeling anger because I am aware that ***it is a normal reaction to something that upsets me.*** Feeling anger is acceptable to me because my emotions are all important to me. I am permitted to feel anger as well as every other emotion.

I know that ***I am able to deal with my anger in a way that I am comfortable with,*** and this builds my confidence.

Today, I will embrace my anger and remain confident in my ability to handle it effectively. I will use my skills to make sure I act appropriately and keep my reactions focused and positive.

Answer These Soul Searching Questions:

- 1. What are some skills I use to handle my anger?**
- 2. How can I keep myself from over-reacting to my anger?**
- 3. What do I like about how I deal with my anger?**