

## Exploring Beyond Divorce - Session 07 Exercise

# **Working with Anger — The Good, the Bad, and the Ugly**

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This exercise is designed to help you understand and work with anger following divorce or the end of a significant relationship. Anger is a normal, human emotion. It is not something to eliminate or be ashamed of. When understood and managed, anger can provide important information and protect what matters to you.

### **BEFORE YOU BEGIN**

You may find it helpful to:

- Choose a private, grounded space
- Set aside 25–35 uninterrupted minutes
- Write honestly, without judging your reactions

Anger can be intense. Move slowly and take breaks if needed.

### **PART 1: HOW ANGER SHOWS UP FOR YOU**

Anger involves physical sensations, thoughts, and behaviors.

A. When anger arises, what do you notice first in your body?  
(For example: tight jaw, clenched fists, racing heart, heat.)

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B. What thoughts tend to accompany your anger?  
(For example: "This isn't fair," "I shouldn't be treated this way.")

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### **PART 2: HOW YOU EXPRESS OR HOLD ANGER**

People respond to anger in different ways—by expressing it, suppressing it, or managing it.

A. When you feel angry, what do you usually do?

(For example: raise your voice, withdraw, shut down, vent, distract yourself.)

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B. Which of these responses feels most familiar to you right now?

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### **PART 3: THE MESSAGE INSIDE THE ANGER**

Anger often acts as a warning signal that something feels wrong or threatened.

A. What do you think your anger is trying to protect or stand up for?

(For example: boundaries, dignity, safety, self-respect.)

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B. Is there a specific situation or pattern that repeatedly triggers your anger?

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**PART 4: MANAGING ANGER WITHOUT EXPLODING OR SUPPRESSING**

Managing anger means acknowledging it and choosing how to respond.

A. When anger feels intense, what helps you pause or slow it down?

(For example: stepping away, breathing, movement, distraction.)

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B. What is one healthy response you could practice the next time anger arises?

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**PART 5: RELATIONAL IMPACT**

Anger affects not only you, but the people around you.

A. How has anger affected your relationships—with your former partner, children, family, or others?

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B. How would you like anger to show up differently in your relationships going forward?

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### **CLOSING REFLECTION**

Read back over what you've written.

A. What feels clearer about your anger now?

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B. If anger is a signal rather than a problem, what might it be asking you to pay attention to?

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**Anger does not make you a bad person.**

**It means something matters.**

**You can learn to listen without letting it take over.**