



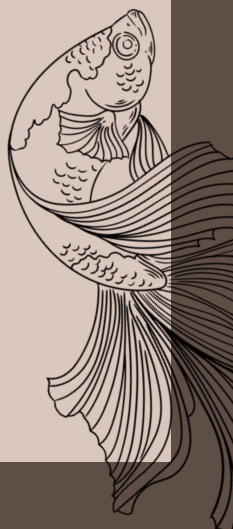
JOURNALING

FOR ANGER MANAGEMENT



WORKBOOK

BETTA INSIGHT



Welcome!

Anger is a normal emotion, but how you handle it makes all the difference. This journal is designed to help you explore your feelings, identify your triggers, and reflect on your reactions—all through guided journaling questions.

There are no right or wrong answers, just a space for you to be honest with yourself. By taking the time to reflect, you can gain insight into your emotions and discover healthier ways to cope with anger.

Your thoughts matter. Your feelings are valid. And this journal is here to help you navigate them.

Betta Insight



ABOUT US

We created Betta Insight to provide a safe, judgment-free space where young people can learn about real-life topics that truly matter. Through engaging courses, relatable stories, and practical resources, we break down the tough stuff, making it easier to understand and apply in everyday life.

UNDERSTANDING YOUR ANGER

What does anger feel like in your body? (e.g., clenched fists, racing heart)

What are some common situations that trigger your anger?

Have you ever felt angry but didn't know why? What do you think was happening beneath the surface?

NOTES

EXPLORING THE CAUSES OF YOUR ANGER

Think about the last time you got really angry. What happened before, during, and after?

Do you notice any patterns in when and why you get angry?

Are there certain people or environments that make you feel more easily irritated?

NOTES

HEALTHY WAYS TO EXPRESS ANGER

How do you usually calm yourself down when you're angry? Does it work?

Who is someone you admire for how they handle difficult emotions? What do they do differently?

How can you communicate your feelings without letting anger take over?

NOTES

LEARNING FROM PAST EXPERIENCES

Think of a time when your anger caused a problem. What could you have done differently?

If you could give advice to your younger self about anger, what would it be?

What's one small step you can take today to better manage your anger?

REFLECTION

If your anger could speak, what would it say?

- Imagine your anger as a person or a voice inside you. What does it want you to know? What does it need from you? How can you acknowledge it without letting it take control?

REFLECTION

How do you want to grow in managing your anger, and what steps will you take to get there?

- Think about the kind of person you want to be when dealing with frustration or conflict. What specific strategies or mindset shifts will help you reach that goal?



KEEP LEARNING & GROWING!

Self-care is an ongoing journey, and this journal is just the beginning! If you found these prompts helpful and want more free eBooks, guides, and resources, visit the Resources section of our website. We're always adding new tools to help you navigate life with confidence and self-awareness.

YOU ARE WORTH IT!



Want more self-care tips, real talk on important topics, and free educational content? Follow us on Instagram @_bettainsight for daily inspiration, helpful resources, and engaging discussions! Let's keep learning together.