When Anger Becomes Comfortable

Recognize what you are carrying and make room for something new

Encouragementology®
the practice of instilling hope

DAY 1: Noticing the Anger

Where might anger be showing up in my life in ways I have stopped noticing?

- What has been irritating me more easily lately?
- Where am I assuming the worst about people or situations?
- What anger have I been carrying beyond the moment that caused it?

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DAY 2: Looking Underneath

If my anger is protecting another feeling, what might be underneath it?

- Where have I felt hurt, disappointed, rejected, or afraid?
- What feels harder to admit than saying I am angry?
- What might my anger be trying to protect me from feeling?

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DAY 3: Counting the Cost

What is holding on to anger costing me right now?

- How is my anger affecting the way I treat other people?
- What experiences or relationships have I pulled away from?
- What good things have been harder for me to enjoy?

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DAY 4: Action or Acceptance

Does my anger point toward something I can change, or something I need to accept?

- Is there a conversation, boundary, or action I need to take?
- What am I still wishing had happened differently?
- What would acceptance allow me to stop carrying?

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DAY 5: Making Room

If anger were no longer taking up so much space, what would I like to make room for instead?

- What would I like to feel more often in my everyday life?
- Who or what would I like to reconnect with?
- What small choice could help something new become familiar?

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REFLECTION

After looking more closely at my anger this week, what do I understand now that I did not recognize before?

- What has my anger been trying to tell me?
- What am I ready to stop carrying?
- What do I want to choose more intentionally moving forward?