

EXERCISES FOR EXPLORING YOUR GRIEF JOURNEY



ANGER

Anger is a **natural** and **common** response to grief. It might not always show up as full-blown rage but can take the form of **frustration, helplessness**, or even **emotional volatility**. These feelings can arise from a range of sources: the unfairness of the loss, frustration with ourselves or others, or helplessness in dealing with the overwhelming pain of grief.

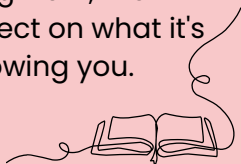
Take some time to reflect on your experience of anger in your grief. This could be frustration or emotional intensity that feels hard to express.

- What are the **sources** of anger or frustration you have felt since your loss?
- Have you felt angry at **others**, at the **situation**, or even at **yourself**?
- What **situations, thoughts**, or **people** seem to trigger your anger?
- When was the **last time** you felt intense anger related to your grief? What happened in **that moment**?

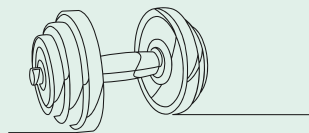
HEALTHY WAYS TO EXPRESS AND CHANNEL ANGER

Anger is a **powerful emotion**. It doesn't have to control you, and it does need expression. Below are some ways to **channel your feelings** in healthy, productive ways. Choose the ones that **resonate** with you or come up with your own.

Journaling: Write a letter to your anger, fully feeling it without judgment, then reflect on what it's showing you.



Physical Activity: Use exercise to release tension—take a walk, run, or try yoga.



Creative Expression: Draw, paint, write, or use another creative outlet to express your anger.



Vocal Expression: Scream into a pillow, yell privately, or vent to a trusted person to release your feelings.



Grounding Techniques: Calm yourself by focusing on your breath, bodily sensations, or surrounding sounds to stay present.



Your idea...

Your idea...

Your idea...

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Space for Reflection – Now that you've explored some ways to express your anger, reflect on the following...

WHAT EMOTIONS ARE MIXED WITH YOUR ANGER?

So often there are other emotions under anger, such as sadness, fear, helplessness, regret, confusion, anxiety or hopelessness.

HOW CAN YOU BALANCE EXPRESSING YOUR ANGER WITH SELF-COMPASSION?

What would it look like to acknowledge your anger without judging yourself for feeling it? How can you express your anger in a way that also shows care for your emotional needs?

PRACTICING SELF-COMPASSION WITH ANGER

Acknowledge your anger: Recognise that anger is a natural response to difficult situations. You don't need to feel guilty for having it.

Give yourself permission to feel: Remind yourself that it's okay to experience anger—it's just a feeling, and like all feelings, it needs acknowledgement and expression.

Be kind to yourself: Instead of criticising yourself for being angry, treat yourself with the same compassion you'd show someone you care about.

Use positive self-talk: Replace critical thoughts with supportive ones like, "It's okay to feel angry. I need to take care of myself when angry."

