



## Still Pissed

***You're not 'frustrated.' You're mad as hell. And buried anger becomes rot. Let's let it speak—then set it down.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What or who pissed me off today—and was it really about them? \_\_\_\_\_

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2. Was I more angry about what happened, or what it reminded me of? \_\_\_\_\_

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3. Did I say what I wanted to say? Why or why not? \_\_\_\_\_

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4. Where did the anger land in my body? \_\_\_\_\_

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5. What did I fantasize about doing or saying? \_\_\_\_\_

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6. Was I afraid of how someone would react if I showed my anger? \_\_\_\_\_

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7. What boundary felt crossed or disrespected? \_\_\_\_\_

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8. Is this a one-time thing or part of a bigger pattern? \_\_\_\_\_

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9. What's the cost of holding onto this fire? \_\_\_\_\_

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10. What would it take to release it without betraying myself? \_\_\_\_\_

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