

Imagine Your Life Without Your Anger

1. Without your anger, how would you feel when you get up in the morning?
2. Without your anger, how would you feel when you go to bed at night?
3. Without your anger, how would you feel when you are at work?
4. Without your anger, how would you feel when you are with your family?
5. Without your anger, how would you feel when you are with your friends?
6. Without your anger, how would you feel when you think about the future?

Answering these questions with full honesty is going to help you gain clarity of what life could be like without anger.