

# Shifting from Anger to Love

## reflection & journaling ✨

Reflect on the past month and answer the following prompts by writing honestly and without judgement. DO NOT EDIT YOURSELF. We all have the tendency to do this on paper. But think about it this way: would you rather these thoughts and feelings be out on the paper or stuck in your energy field?


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**How is anger impacting your life?**

**When was the last time you experienced anger?**

**What does anger look like when it's happening to you?**





**When you're in a state of anger, how do you react? (Do you avoid, raise your voice, cry, shut down etc).**

**How do these experiences make you feel on a physical and emotional/mental level?**



**How would releasing and managing anger change your life?**

