

Free Journal: Gentle Repair After Emotional Outbursts

A printable guide to self-understanding and reconnecting after anger

Part 1: What Just Happened? (Awareness)

Take a few minutes to breathe and settle. Then gently reflect.

- What was the trigger for your outburst?
- What emotion was under the anger (hurt, fear, powerlessness)?
- What need might have been unmet in that moment?

Prompt:

“When I lashed out, I was really feeling...”

“The need underneath my anger was...”

Part 2: Compassion, Not Condemnation

Now shift into a compassionate lens. Imagine speaking to your inner child.

- How old did you feel in that moment of anger?
- Have you ever been punished for expressing needs or emotions in childhood?
- What would you say to a child who just had a meltdown?

Prompt:

“If I could speak to the younger part of me, I would say...”

“I see now that I was taught to...”

Part 3: Making Repair with Loved Ones

If your anger impacted your partner, child, or another loved one, repair is possible—and powerful.

- What do you want them to know about what was going on inside you?
- What might help rebuild safety or trust?

Prompt:

“When I raised my voice, it wasn’t about you—it was about...”

“What I wish I had done instead is...”

“Here’s how I want to show up moving forward...”

Part 4: A Somatic Reset

Choose one or two grounding actions to support your body and nervous system.

- Put your hand on your heart or belly
- Step outside and notice five things you see
- Shake out your hands and legs
- Place a cold cloth on your neck or hold a warm cup

Prompt (after the practice):

“Right now, my body feels...”

“What I notice after grounding is...”

Part 5: Tracking the Pattern

Anger is often trying to protect an old wound. Let's get curious, not critical.

- When else have I felt this way?
- Is there a pattern—specific times, topics, or people that activate me?
- What boundary is trying to emerge?

Prompt:

"This reminds me of when..."

"A pattern I notice is..."

"I wonder if my anger is protecting me from..."

Final Note to Yourself

Choose a message to close this process. Write it like a letter to the part of you that erupted.

Examples:

"You were trying to protect us. Thank you. I see you now."

"We're safe. You don't have to shout to be heard anymore."

"We are learning. We are growing. It's okay to be human."