

Worksheet: RAIN and Mr Anger Worksheet

Recognize- a moment in your past and a moment in your current week when you were overwhelmed by feelings of Anger, Resentment, Irritability, Discontent

Eg- in the blog- we went through the moment when Mr.A felt resentful- Shut up or leave

Write down your moment in detail- keeping body sensations, feelings, thoughts, principles in mind.

Accept- The bodily feelings, uneasiness, racing thoughts and distancing.

Eg- in session we dissected this issue by going down memory lane and seeing when in the past, he has had an experience of uneasiness in his home

Write down a memory of a family dinner of childhood

Investigate- go into the journey of your parents. See what values, lessons, memories come up

Eg- When Mr.A remembered the struggles of his parents in the 1970s

Write down a day in the life of your parents work life

Non judgmental Nurturing- Go into your body, feelings, thoughts again and see how the align with principles of Acceptance, Non judgment and Forgiveness

Eg- Mr.A wrote down the causes and conditions of his family of origin, family of creation and his current living away from his family, and affirmed the positive healing spirit of his mother in law

Write down the causes and conditions which increase your anger, alienation, agitation.

References: Adapted from

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Links to [Anger](#) detailed workings through CBT and Narrative Therapy

[Grief](#)- a journey-