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Healing Challenge: Anger

There are many reasons you may be angry as part of your grief. You may be angry at yourself, at someone else, or at your deceased loved one. Anger is a normal grief response, but long-term and unrelenting anger can impede your grief process. Eventually anger is mostly punishing yourself.

Considerations Regarding Anger:

- Be careful that your anger is not simply masking your sadness or other reactions. For some, it can be easier to be angry than feel sad.
- Identify your specific reasons for being angry and who you are angry with. Carefully consider if your anger is targeted at the correct person.
- Does the person know you are angry with them? If not, would it help to share your anger in a constructive way?
- If you are angry with your loved one, review ways to share this anger with them. Use letters, talking, or other symbolic methods.
- Carefully consider what role the anger is playing in your grief process. Is it helping you? Is anger a way to know that you are remembering your loved one? Is there a way to remember them without anger?

Journaling Prompts

How is your anger influencing your relationship with living loved ones? Do others also feel angry or are you the only one? Do you feel stuck in your anger? What would it look like not to be angry about this? Is your anger worth the costs?