

Anger Poetry Exercise

In the steps that follow, write a few brief lines or phrases for each answer. You don't have to write complete sentences ... and nobody is checking for perfect spelling or grammar!

1. Imagine a small child. What color clothes is the child wearing? What expression is on the child's face? What color is the child's hair? Eyes? Write these down.
2. In a few words or phrases, write down an unfair situation that triggers your anger.
3. Close your eyes and imagine that unfair situation until you can feel it somewhere in your body. Write down where and how it feels.
4. Imagine that this unfair situation is some kind of a machine. Write down the kind of machine it would be. Write down what it sounds like.
5. What color, size, and/or shape is the machine? What is something else that same color, size, or shape? Write these down.
6. Imagine a small child caught in the machine. Write down what the child would say and do. How would the child feel?
7. What would you like to do to the machine? What would you use to do it with? Write these down.
8. How do you feel now? Where do you feel it in your body?
9. Title your poem.
- 10.(OPTIONAL!) Take out some crayons, colored pens, or other art supplies and draw a picture or just abstract shapes based on how you feel after this exercise. Can you add a few expressive words about your picture?
11. Copy the answers from this form to another sheet of paper with the title on top.

Once you've completed the steps, if you'd like to, you can go back and add more words, expand thoughts, images, scenes, and feelings—or you can journal about this entire exercise. **But don't edit or journal until you've completed all of the steps!**

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