**Faith-Based Anger Daily Worksheet**

**Objective:**  
To help individuals reflect on their anger through a faith-based perspective, integrating spiritual practices such as prayer, forgiveness, and seeking guidance from God. This worksheet encourages self-awareness and provides actionable steps to manage anger through faith and spiritual practices.

**Daily Reflection:**

1. **Date and Time:**
   * *Write today’s date and the time of your reflection.*
2. **Anger Intensity Rating:**
   * *On a scale of 1-10, rate how angry you feel right now (1 being calm, 10 being enraged).*
3. **Spiritual Insight (Prayer):**
   * *Before reflecting on your anger, say a brief prayer: "God, help me see clearly. Show me the root of my anger and guide me to peace."*
   * *How do you feel spiritually in this moment? Do you feel connected to God or distant?*
4. **Triggers:**
   * *What triggered your anger today? Reflect on how you can view the situation through a lens of grace and patience.*
5. **Physical Signs of Anger:**
   * *What physical symptoms did you experience when anger arose? (e.g., tension, raised heart rate, tight chest)*
6. **Thoughts:**
   * *What thoughts entered your mind when anger appeared? Were they judgmental or reflective of God’s peace? How can you replace them with more loving, patient thoughts?*
7. **Immediate Response:**
   * *How did you act on your anger today? Was it aligned with the teachings of Christ or other spiritual guidance you follow? What could you have done differently?*
8. **Coping Strategies (Spiritual Practices):**
   * *Did you pray or turn to scripture to calm your anger? Did you use a spiritual practice (e.g., deep breathing, walking, seeking peace) to help?*
9. **Prayer for Peace:**
   * *After reflecting on the day, say a prayer: "Lord, forgive me for the moments I let anger control me. Help me to walk in Your peace and to forgive as You have forgiven me."*