

Anger: What's Underneath?

Anger is a valid emotion. Sometimes it also sits on top of hurt, fear, rejection, shame, grief or overwhelm.

What happened before I felt angry?

What did I notice in my body?

What thoughts were going through my mind?

Was another feeling underneath the anger?

Hurt, fear, embarrassment, disappointment, powerlessness, grief?

What did I need in that moment?

How did I respond?

What helped or made things worse?

A safer way I could respond next time is...
