

Anger at Work

Sort out what is worth pushing on at work and what you are carrying home instead.

WHEN TO USE THIS

Use this after a shift or a week that left you grinding your teeth.

Where does it build up?

- ☐ Being talked over or ignored
- ☐ Doing someone else's work again
- ☐ A boss who moves the goalposts
- ☐ Being blamed for something you did not do
- ☐ No say in decisions that hit you
- ☐ Rude customers or the public
- ☐ Rules that make no sense
- ☐ Being watched or timed

What is the thing you cannot say out loud there? Write it here instead.

Split it honestly.

WHAT I CAN CHANGE

WHAT I CANNOT

One thing from the left column you will try this week, and when.

Some of it is the job, not you. Knowing which part is which saves a lot of energy.