

Under the Anger

Look at what is sitting under the anger, so you can deal with the real thing.

WHEN TO USE THIS

Use this once the heat has come down a bit, not while you are still shouting.

Anger is often the loudest thing sitting on top of something quieter - hurt, fear, shame, or being worn right out.

What are you angry about? Say it plainly.

What else might be under it?

- ☐ Hurt
- ☐ Scared
- ☐ Left out
- ☐ Not listened to
- ☐ Ashamed
- ☐ Worn out
- ☐ Let down
- ☐ Nothing else - it is anger

If the quieter one had a voice, what would it say?

What would help that quieter part, rather than the anger?

The anger was doing a job. It helps to know which one.