

What Your Anger Is Protecting

Find the softer feeling that your anger tends to show up in front of.

WHEN TO USE THIS

Use this when you have a quiet half hour and one recent blow-up in mind.

Anger often stands in front of something softer. It gets there first because it is faster, louder, and it hurts less to feel.

When the anger came, what was sitting underneath it?

- ☐ Hurt
- ☐ Fear that something bad is coming
- ☐ Feeling disrespected or talked down to
- ☐ Feeling left out or forgotten
- ☐ Shame
- ☐ Worn out, running on empty
- ☐ Grief
- ☐ Feeling out of control

If you had said the softer thing instead, what would it have sounded like?

Start with: What I actually felt was...

Who in your life is safe enough to hear that version?

The softer thing is usually the truer thing. It takes more courage, not less.