

ANGER: protects something of value. It can amp up our energy when we feel scared or threatened.

Anger is an important emotion. It has a great deal of energy. It protects something of value. Try to get a sense of why you are angry or why you tend to get angry. Too often we answer the question by blaming others. Sometimes we get angry at ourselves. Usually the angrier we become, the more we feel justified being angry. Sometimes others can see why we are angry more clearly than we can ourselves.

Anger is generally considered a “secondary emotion” meaning: it surfaces as a result of more vulnerable emotions. It activates our nervous system to make us feel more powerful and not as helpless. If anger shows up as part of a complicated event, such as grief and loss, it can be hard to put a finger on exactly why we’re angry. When someone is easily angered, I ask them to **start tracking the conditions, events, or sequence of events that triggers the anger** and to write those events, situations, and times down. Noticing triggers is an attempt to get under the cloak of anger to find the more vulnerable emotions. It’s easier to unpack and disarm anger when you know what’s under it. For some, anger is used like a sledgehammer when something more subtle is called for. If we’re afraid of particular emotions, we can use anger at self or others to try to cover up our discomfort. We can even be afraid of our own anger. Sometimes we’re angry because something is just deeply wrong. Ignoring or suppressing anger can affect health and cause tension in your body (for example your jaw) and contribute to depression.

Anger is the only predominantly left brained emotion. All other emotions activate primarily the right brain. **Why might you be angry?** Circle on the right what’s under your anger. Add your own reasons. Often under reasons are other reasons. For example: Feeling betrayed we might feel like a fool (shame).

LEFT BRAIN

RIGHT BRAIN

ANGER!!!!



Feeling Shame or Fear of Shame or Being Judged
Fear of NOT Being in Control
Feeling NOT Heard or Listened to
Feeling Disrespected or Lied To
Feeling Afraid/Scared/Vulnerable/Threatened
Feeling Alone or Abandoned
Feeling Sadness or Sense of Loss
Feeling Trust has been Violated or Feeling Betrayed
Feeling Dismissed, Used, or Taken Advantage of
Feeling Disappointed or Fear of being Disappointed
Feeling NOT Thought of or Remembered
Feeling Forgotten or Left Behind
Feeling NOT Understood or Feeling Misunderstood
Feeling Confused or NOT Understanding Something
Feeling Incapable or NOT being able to Do Something
Feeling Helpless
Fear of the Unknown or Afraid of Difference
Feeling Anxious or Worried
Experiencing Neediness
Experiencing Wanting or NOT Wanting Something
NOT getting what you Expected or Wanted
Feeling Surprised
Feeling This is Wrong! This is an injustice!
Feeling _____
Experiencing uncomfortable sensations
If so, what sensation(s)? _____