

*“Anger is a tool for change when it challenges us
to become more of an expert on the self
and less of an expert on others.”*

Harriet Lerner PhD. Author of *Dance of Anger*

Peel the layers of the emotional onion. Transform anger into insight.

Think of the last time you felt irritated, annoyed, mad or angry—whatever word you use for feelings of mild disturbance to full blown aggression. Anger is triggered by your brain’s “fight or flight” response. Anger usually also triggers blame. **Notice when you blame others for your brain’s fight or flight response.** Work through the series of questions below to discover what personal insights hide beneath your blame. Ask yourself: “What made me mad?” Start with a reality check, was your life in danger? Move on to deeper, more emotional insights when you are calm enough to do so.



1. **Is your life in danger?** Predator?

2. **Are you physically vulnerable** such as:
Hungry? Tired? Pain? Hormonal? Hung Over? Medical illness?

3. **Are you emotionally vulnerable** such as:
Toddler moment—brain stuck- unable to use logic or to problem solve?

Need coping skills? Expand your reasoning-
Did you have reasonable expectations? **What did you expect?**

Dig deeper,

Insight



**What else are you
feeling?**

Deeper emotions—

Grief?

Shame?

Fear?

Insecurity?

No control?

Vulnerability?