

REACTIVITY & ANGER

	Types are reactive...	What triggers anger or potential of conflict?	How anger tends to be expressed?
8	When they see someone getting overpowered and bullied who cannot protect themselves.	Deceit. Manipulation. People who won't stand up for themselves. Indirectness or beating around the bush. Liars. People who we perceive as fake. People who don't have our backs. Weakness. Boundaries or rules that are too constraining. People abusing their power and who need to be put in their place. Injustice and unfairness.	Powerful anger expressed in a direct, confrontation style, or an armored withdrawal. Balancing the books and getting revenge.
9	When pushed to do something they do not want to do, but they don't want to say, or are unable to find a way, to say, "No."	Being treated as unimportant or invisible. Feeling controlled or pushed to do something by others. Being forced to face conflict, state an opinion we don't want to state, or feeling pushed into making decisions. Saying "Yes" to something we really don't want to say "Yes" to. Disharmony. Angry people. Mean and pushy people. Confrontation and disruption.	Passive aggression, including stubbornness and outright but subverted resistance. Complaining. Boiling over and exploding.
1	When someone's dropped the ball, leaving 1s responsible.	Unfairness. Irresponsibility. Things being done the wrong way. Flagrant ignoring or disobeying of sound rules. Being unjustly criticized. Being lied to, manipulated, tricked or unjustly blamed.	Resentment. Self-justification. Tension and tightness. Outbursts of indignation, followed by the onset of remorse and guilt.
2	When they give and give, and end up not feeling unappreciated.	Feeling unappreciated or cared for. Not being thanked for all that is given. Feeling controlled. Having unmet needs and wants, when having given others so much. Being rejected. Treated as dispensable and unnecessary. Being blocked from giving.	Intense, sudden, emotional outbursts. Accusatory. Crying. Anger that manifests as withdrawal and withholding.
3	When they've worked themselves to a bone and someone else gets recognized instead.	Obstacles that get in the way of the goal. Anything or anyone who threatens or thwarts progress and our ability to get to completion. Indecisiveness. Inefficiency. Criticism. Not being recognized or applauded when it's due. Insult to the image that's been constructed and wanting to be projected to others. Failing.	Impatience. Irritability. Pressuring others. Demanding. Outbursts of hostility.
4	When something is less than what they expected or less than the ideal they've imagined or fantasized about.	People who disappoint us and let us down. People who leave us. Feeling unheard, unseen and unimportant. Feeling slighted, invisible; misunderstood and not enough. Phoniness and insincerity. Meaninglessness. Ugliness.	Fiery outburst or dissolving in tears. Lamenting or complaining. Moodiness, passive-aggressiveness, depression.
5	When someone is not interested in the information they're about to share and instead wants to talk about something perceived as useless or too personal.	Being considered not smart or factually incorrect. People not interested in information we have to share. Demands placed on us from others, especially emotional or those that infringe on our private time. Overloading of emotional input; too much stimulation. Intrusions that might tire us. Needing time alone and that being disrupted. Not being able to restore our energy.	Self-containment, withdrawing, withholding. Tension, arrogance, disapproval. Short bursts of temper followed by isolation.
6	When they think someone's untrustworthy or taking advantage of their kindness and loyalty.	Failures of trust and untrustworthiness. Betrayal. Being cornered. Being controlled or feeling overpowered. Interactions with others who feel unreliable or unsafe. Being accused of something unfairly or wrongfully. Discrepancies in other's speech or behavior or inconsistencies. Other's lack of responsiveness. Giving others warnings and advice that they do not take seriously. Lack of respect or lack of integrity as seen in others.	Wit. Sarcasm. Biting remarks. Getting accusatory and blaming. Defensive lashing out, projections, subverted defiance.
7	When they can't go and do what they want to, and feel trapped.	Constraints or limits that prevent us from getting or doing what we want. People who get stuck, are unhappy depressed or other-blaming. People who lay traps for us. Feeling trapped or restricted. Beholden to others when we want to take off and be free. Boredom. Things that are too tedious or a hassle. Being told what to do or "You can't."	Curt or dismissive. Brief and to the point. Short-lived but intense. Episodic. Impetuous. Demanding of others. "Bitching."