

The Anger Decision

Anger is about mistreatment or needs being unmet. It can be a healthy way to understand ourselves if directed positively. Consider the trigger (e.g. someone saying something you felt was negative), what reassurance you could offer yourself (e.g. it wasn't meant negatively) or assert your feelings non-aggressively (e.g. calmly ask what they meant).



Trigger	Reassurance	Assert