

## ROOTS OF ANGER Handout



1. With a friend, think of a recent time when you were angry, or something that you are angry about now.
2. Look at the Feelings plates. Is there any of those that also describes the way you feel about this situation?
3. Why are you angry or hurt about this?
4. Is there an **unmet need** beneath the hurt? (e.g. "I needed to have my opinion respected.")
5. Is there a **hidden fear** as well as the need?
6. Now think about the other person in this conflict. Can you also answer questions 2 to 5 about him(or her)?
7. Can you think of something you might say to the other person that would help to ease the tension?