

**Who is making you angry?
(1. The person who harmed you. 2. The person you hurt. 3. The person you observed being harmed)**

**What are you angry about?
Big picture / General Category.**

Betrayal (someone I trusted was unworthy of that trust)
Embarrassment (shame, humiliation, unfavorable attention)
Frustration (with others, myself, things, situations)
Powerlessness (my inability to do something whether good or bad)
Selfishness (failure to get my own way)
Injustice (wrong actions toward the helpless)

EXAMPLES -SAMPLES

Betrayal (someone I trusted was unworthy of that trust)	My old boss.
Embarrassment (shame, humiliation, unfavorable attention)	People on social media.
Powerlessness (my inability to do something whether good or bad)	Myself.
Selfishness (failure to get my own way)	My coworkers.
Injustice (wrong actions toward the helpless)	The government.

**Write the Specific details
why this makes you angry.**

**Why does this make
you angry today?**

**What do you
grieve today
because of this?**

He fired me without just cause after promising my job was secure.

Personal rejection still hurts.

I still haven't found a job.

I made a mistake online, my friend shared it, and it went viral.

My friend seemed to enjoy my humiliation.

I am being canceled out by others from a mistake over three years ago.

That I am unable to see my family out of state.

Is this ever going to end?

Fear of missing out on time with elderly parents.

They didn't give me credit for my contribution to a work project.

They got promoted based on my work.

I don't trust my new coworkers because of this.

They don't seem to care about the homeless.

I have gotten to know some people who are homeless.

That I haven't done anything to make a difference.

Is there a person you are angry with?

Can you resolve this without contacting them? (do they know you are angry? If yes, you probably need to talk with them directly)

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?

yes or no?