



Awareness Practice: Understanding Your Anger

When you feel angry with someone, see if you can identify the three components. Ask yourself:

- ★ Do they care about me the way I want them to?
- 🌀 Should they behave differently?
- ☆ What is the practical impact of what they're doing?

Go deeper by asking yourself each of these questions before talking with the person who evoked your anger:

- 🌀 Am I expecting them to care more about me?
- ☆ Am I expecting them to put my needs ahead of theirs?
- 🌀 Am I invading their boundaries with my inner critics?
- ☆ Did I join with one of their inner critics to get them to agree to something, and then they didn't do it?
- 🌀 What would need to change for their actions to not practically impact me or limit me?

For more support with ways of handling anger and hurt, go to:

SucculentWildLove.com/Anger

Awareness Practice: Moving Through Anger and Hurt

1. Reflect on a particular challenging situation and examine your role in it and how you could have handled it differently. Do you see it as:
 - 🎯 It's all their fault.
 - ★ It's the result of an interaction between us.
 - ★ I created this experience.

2. Be aware of how you handle your angry and hurt feelings.
 - ★ Do you yell?
 - 🌀 Do you emotionally withdraw?
 - ★ Can you move beyond wanting to control the other person or get revenge? It's perfectly natural to start out that way. But where you end up determines what kind of interactions you're going to have with the significant people in your life.

3. Be aware of how you might use anger or fighting for intimacy.
 - ★ Have you ever started a fight because you felt distant from someone you loved?
 - 🌀 Do you have other ways of feeling intimate in your relationships?
 - ★ If you like to feel passion or strong emotion, do you have other ways to spark these feelings?

4. Do you know the anger symbols of those close to you?
 - 🎯 Can you tell what level of intensity works to get their attention but isn't so strong that they feel overwhelmed by guilt and shame?

If you recall times that you've been angry and how you expressed yourself, you will have some idea of your anger style. It can also be helpful to replay past incidents in your mind and imagine how you would handle them differently now.

For more about dealing successfully with anger and hurt, go to:

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