



Understanding My Anger

Separate the feeling from what happens next

Anger can signal hurt, unfairness, fear, overload or a crossed boundary. Understanding it does not excuse harmful behaviour. It gives you more chance to respond in a way that protects what matters.

Three situations that often trigger anger

What I do when anger rises

The body signs that appear first

What may be underneath the anger

How anger has affected me or others

A boundary I need to communicate

A safe response I want to practise

Who can support me with this?
