

ANGER

the resulting emotion we experience when we engage ourselves in blaming and judgemental thoughts, in relation to an unmet need

fulfilling an unmet need

THE EFFECTIVE WAY:

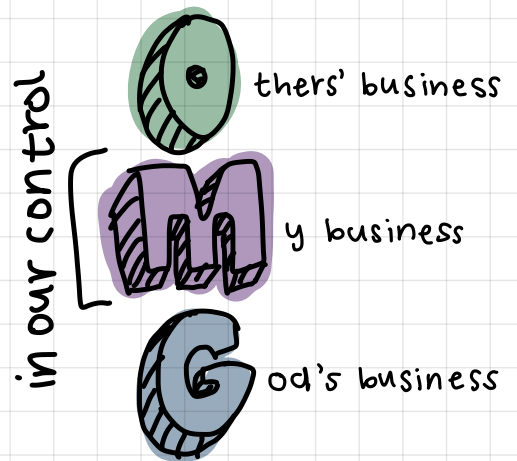
- 1) observe the unmet need
- 2) determine next steps
- 3) make a request to help you achieve the need

THE INEFFECTIVE WAY:

populating your mind with judgement

Outside affairs and people can be the stimulus for anger, but never the cause.

When presented with others' emotions, we should be kind and empathetic towards them



Anger is a wake up call that will encourage us to focus on our needs and work towards our own happiness.