

Name: \_\_\_\_\_

# Beneath the Anger

Anger often has deep roots. Anger often results from feeling: *sad, frustrated, jealous, afraid, embarrassed, worried, feeling alone or left out or hurt*. Think about the times you have been angry or when another individual was angry at you. Describe the situation and then analyze what the root to the anger may have been.

- ① An time when anger resulted from being upset or sad:
  
- ② A time when anger resulted from feeling frustrated:
  
- ③ A time when anger resulted from a feeling of jealousy:
  
- ④ A time when anger resulted from a feeling of being anxious or afraid:
  
- ⑥ A time when anger resulted from being worried.
  
- ⑦ A time when anger resulted from feeling left out or hurt.