

Key Points of Anger

- 🔑 Anger is a normal and necessary emotion
- 🔑 It is not wrong to experience feelings of anger
- 🔑 Everyone experiences feelings of anger; some people experience it more intensely and more often than other people
- 🔑 Anger is your body's way of telling you that something is wrong. It is your body's response to an unmet need, expectation or belief. For example, you become angry when someone cuts in front of you in line because you **believe** that people should wait their turn.
- 🔑 Anger can feel wrong to some people because they have been taught that feeling/expressing anger is not good.
- 🔑 Anger can appear wrong when people express it in inappropriate ways, such as using violence
- 🔑 When expressed appropriately, anger can lead to having your needs met, without hindering the needs of others
- 🔑 Appropriate expressions of anger can lead to stronger relationships and more satisfying situations.

*“Though no one can go back and make a brand new start,
anyone can start now and make a brand new ending”.*

Carl Bard