

Anger Volcano

Understand what boils under the surface

STRESS

GRIEVING & LOSS

HURT

DISTRUST

LOSS OF CONTROL

GUILT

DEPRESSION

DISAPPOINTMENT

ANXIETY

FRUSTRATION

DANGER-FEAR

AMBIGUITY

VICTIMIZATION

INSECURITY

UNCERTAINTY

HELPLESSNESS

MIXED MESSAGES

UNFULFILLED EXPECTATIONS

BROKEN PROMISES

React Not to Anger, but Respond to its Source