



Anger, Upsets, & Triggers ~ A 14 Step Reflective Process for Healing & Growth

This is a process to be applied personally to get clarity before communicating with someone in anger and to create deep healing inside oneself.

(It may be helpful to write these in a journal or separate paper so you can have as much space as you need.)

1. What Happened to trigger my upset/Anger?

(Write down simply the event that was the trigger...who, what, when and where)

2. What are my reactive thoughts & Defence Strategies? - Blaming, judgmental, attacking thoughts, Victimhood, numbing, distancing, disassociating?
(VENT -)

3. What sensations am I noticing in my body?

4. What are my Vulnerable feelings that my anger is protecting?

5. When have I felt like this before (Earliest Experiences)? What other experiences bring up these feelings?

6. What are my unmet Needs (universal human needs) in this current situation?(Feelings inform us about our needs)



7. What Limiting Beliefs do I have about myself or the world that are connected to this? (EX: in some way unworthy (of love, not enough, inconsequential (don't matter), or fundamentally flawed, and the world is dangerous)

8. What is the Truth about myself and others? (correct Limiting Beliefs) What might really be going on (from a perspective of compassion, "higher self," and spiritual growth)?(EX: I *do* matter. My life and all my choices have an immeasurable ripple effect.) (EX: *Their distraction and lack of attention when I was talking was more to do with the major stress they're under and their coping strategies.*)**Re- Source Practice & Embrace Empowering Beliefs**

9. What Sensations do I notice in my Body as shift toward the Truth / Empowering Beliefs? (Empowering Beliefs: Ex "I am Worthy of Love")

10. What feelings am I sensing (picking up on) from the other person/ people involved?

11. What do I imagine they might be needing?

12. Is there a do-able request (addressing needs) that I can make of myself or someone else? (without making someone else responsible for meeting my needs IE: accept people where they are at - needs can be met in many different ways.)

13. What can I do differently in the Future (based on what I've come to understand through this reflection process)?

14. How do I feel and what do I notice after putting this into Action?