

Anger is Not the Main Emotion...

Believe it or not, anger comes from some other emotion. Anger is the emotion that is most easily seen and felt. However, if you ask yourself what feeling you had right before you got angry, you will probably be surprised to realize there is at least one other emotion.

Think of anger as an iceberg. The part sticking out is the anger that is obvious to everybody. The emotions below that anger are hidden and you are the only person that is able to discover the cause.

Some examples of emotions that cause anger:

- Disappointment
- Disgust
- Fear
- Sadness
- Feeling disrespected

Name the last three instances were you became angry and identify the emotion behind the anger.

Better your relationships. Manage your Anger. Calm yourself.