

Anger Is Energy

Questions to consider when you are angry.

1) **WHAT AM I ANGRY ABOUT?**

2) **ARE MY FEELINGS IN PROPORTION TO THE EVENT THAT TRIGGERED MY ANGER?**

3) **IF THEY ARE NOT, YOU MAY BE EXPERIENCING ARCHAIC ANGER. TO CLARIFY, ANSWER THESE QUESTIONS:**

WHEN HAVE I FELT THIS WAY BEFORE?

WHAT DID I DO ABOUT THE FEELING THEN?

4) **WHAT IS THE PROBLEM TO BE SOLVED?**

5) **WHAT IS THE OUTCOME I WANT TO ACHIEVE?**

6) **IS THE GOAL WORTH ACHIEVING?**

7) **WHAT ARE THE ACTION STEPS I NEED TO TAKE TO ACHIEVE MY GOAL?**

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