

# Why did I get so **ANGRY?**

**ANGER ARISES WHEN SOMETHING WE VALUE IS IN JEAPORDY. FOR EXAMPLE, WE MAY VALUE BEING HEARD AND THUS BECOME ANGRY WHEN SOMEONE ISN'T LISTENING.**

When was the last time you experienced anger?

What value(s) were in jeopardy?

Anger is a healthy warning signal that something you value is in jeopardy. How you express your anger is what makes it helpful or hurtful. How would you like to express your anger?