

# INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



## INQUIRY QUESTIONS FOR ANGER

- Am I in immediate danger? If so, ensure immediate safety.
- Who or what is it that I care about?
- Do I feel violated (real or perceived)?
  - Violation of my safety or a loved-one's safety?
  - Violation of my values (injustice) or my trust (betrayal)?
  - Violation of my boundaries (needed limits)?
- Did I violate my own trust or values (self-betrayal)?
- Do I have an unmet need (like being 'hangry')?
- Unmet connection needs (feeling seen, heard, valued or respected)?
- Is my anger over-protecting me from feeling hurt or disappointed?

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## POSSIBLE CORRECTIVE ACTION FOR ANGER

- How can I ensure I'm living aligned with my values?
- If safety concern, how can I ensure boundaries or safety measures?
- Is anger over-protecting me from hurt? See Inquiry Questions for Sad
- Do I need to communicate a want, need or needed limit to ensure I am no longer hurt, disappointed, boundary-less or resentful?
- Do I need to plan for creative solutions and/or strategic action?
- Use Conscious Angering Practice and Balanced Boundaries Skills

# INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



## SUBTYPE OF ANGER

### APATHY / RESENTMENT / CONTEMPT

- Mask for anger
- Repressed anger (usually due to not having Emotional Processing Skills and depressing anger)
- Unable or unwilling to clearly communicate wants, needs and/or needed limits (boundaries)
- Can result in stonewalling, silent treatment, passive aggression

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## INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What are my needs, wants and expectations of others?
  - Are they realistic expectations?
  - Have I clearly communicated my expectations, "I want \_\_\_\_\_"
- Use Conscious Angering Practice

# INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



## SUBTYPE OF ANGER AND DESIRE

### ENVY

- Anger and Interest (Desire) blended together
- Provides awareness of what you want and desire but don't have
- May desire something you feel you shouldn't want, don't feel good enough to attain or feel it is impossible for you to attain

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## INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What am I wanting and desiring?
- How important is what I'm wanting and desiring?
- Can I accomplish what I'm envious about?
- Do I have shaming or limiting beliefs?
- Establish goals in a healthy way to accomplish what you truly desire if it is possible and attainable

# INQUIRY QUESTIONS TO PROCESS ANGER EMOTIONS



## SUBTYPE OF ANGER

### HATE (DISGUST)

- Alerts to something or someone's behavior that you find aversive, repulsive and/or toxic (real or perceived)
- Wants to protect from dangerous/damaging people and situations
- Can be turned inward into self-hate, meaning you find your behaviors or choices repulsive or toxic and need corrective action or help asap
- This is the emotion that ensures we don't eat rotten food because it will taste 'disgusting' and trigger the emotion of disgust to spit it out!

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## INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What has fallen into my unawareness that I may find toxic?
- Who or what do I really not like?
- Accept what you cannot change, yet ensure healthy boundaries, distance and safety from those you find unsafe
- Am I feeling self-disgust? Notice regrets, rejected aspects of self, learn lessons, align with your genuine values and ensure you improve
- Working with a therapist may be an imperative part of working through feelings of self-hate and self-disgust



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**Anger brings you  
a lot of energy,  
intensity,  
forcefulness, and  
focus. Knowing  
anger's purpose  
— and asking the  
internal questions  
— will help you  
channel that  
intensity into  
healthy action.**

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