



The Alarm Bell of Anger



Anger is an important warning sign that a basic human need is not being met. When you feel irritated, agitated, or enraged, listen to your inner voice and ask yourself, are any of these needs unmet?

1. **Safety**

2. **Control**

3. **Predictability**

4. **Respect**

5. **Recognition**

6. **To Be Valued**

7. **Success**

8. **Balance**

9. **Dignity**

How can you take a small action step to satisfy these needs?



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