

ANGRY?

One Question to Diffuse Anger and Develop Compassion



ASK YOURSELF

In what way am I responsible
for bringing this situation
about?

REFLECT

Was there a thought, feeling, or
memory that I was observing
and feels similarly to the way that
I feel about this situation?



HOW IT WORKS

You are acknowledging that an action,
intention, or thought from you co-created the
situation. Things don't happen to you, you
make things happen. Suddenly, the seemingly
unwanted situation serves as a reminder of
your own power. The realization transforms
anger into compassion as you acknowledge
that all involved were playing a part in
increasing awareness.

THANK YOU!

It can feel empowering to practice gratitude
toward the others involved for their part in
expanding your awareness.