



Chapter 5 – Anger Exercises

A Thing That Gets Up Your Nose:

(not your finger)

	Your answer:
What does this feeling remind you of?	
Where may you be unfairly treated in your life right now (or how do you think you may be unfairly treated)?	
Where/when can you remember feeling these kinds of feelings intensely?	
When was the first time you can remember feeling these kinds of feelings, or knowing you felt them but weren't really allowed?	

Inserted Thing 1. Tracking back through the breadcrumbs of anger through your thought forest

Whichever question gave you the fullest answer, that's your 90% (ish)