

When your journey brings you an anger experience, you can process the emotion (instead of reacting) and figure out what it is here for. If you choose to see life as a classroom (all about growth and becoming) then every experience is here to serve you in some way. Try some of the questions below to process your anger.

1. Feel the emotion. Sit with it and explore what this feels like. How would I define it?
2. Is my fear of not being good enough in play? If I didn't already feel inadequate would I be this upset?
3. Is my fear of loss in play? If I didn't already feel life was unfair, unsafe and worried about having what I need, would I be this upset?
4. What fear is in play with the other person who made me mad? Are they having fear of failure or loss, which probably prompted their behavior? Could I take this less personally if I realized it's more about their fear for themselves, than it is about me?
5. What could this anger experience show me about myself that I might need to work on? Do I need better self-esteem or more trust in life so I am emotionally stronger?
6. In what way does this anger experience give me an opportunity to rise, grow and be better, wiser, stronger or more loving? What could it teach me?
7. What emotion do I want to experience today?
8. What would more anger create?
9. What other options do I have in response to this offense? Could I choose gratitude? Could I choose to feel safe, unburdened, peaceful or calm if I wanted to?
10. What would it feel like if I chose to trust the universe it has me safe, and no one can diminish my journey or my value? Do I have the choice to feel safe even when taken from or insulted? If the universe only delivers lessons that serve me, can I have loss? If my value can't change can an insult hurt me?

Choosing to see every anger experience as a chance to grow (instead of just mistreatment or insult), means you can turn every situation into a win. If this is hard to see because an offense is particularly painful, you may want to seek some professional help to work through it.