



6.8 Module 3: Feelings I

Feelings in the body

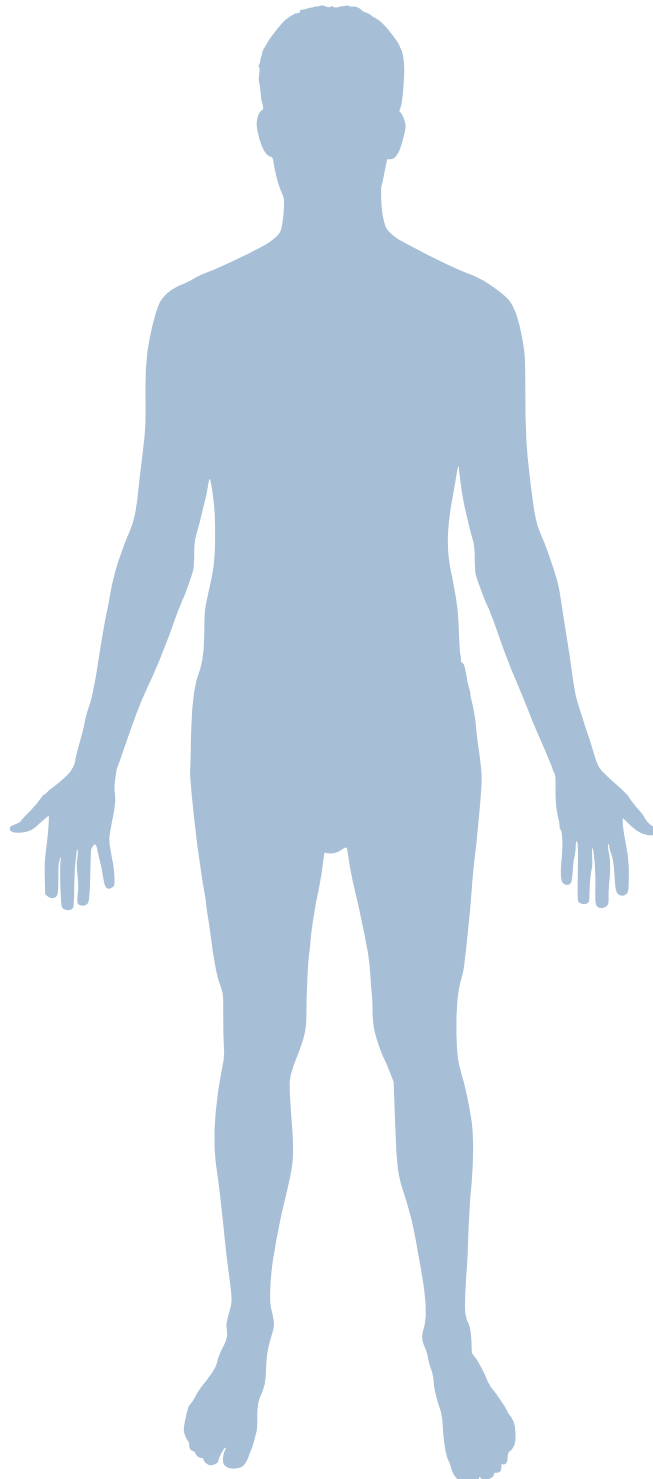
Where in the body do you feel the following?

Anger

Fear

Sadness

Joy



Exploring anger



Damage

We get angry when something happens that we didn't want to happen, or something didn't happen that we wanted to happen. Anger is the feeling that goes with wanting someone or something to change.



Anger

One purpose of anger is to let you know when someone is ignoring your needs or invading your boundaries. It prompts us to ask for our needs to be met or to set appropriate limits.



Challenge

Anger kicks in the 'fight' response and our natural instinct is to attack, this can be through words or actions.



Change

Our social need is that we want other people to change.



Accept limitations

To process anger we need other people or situations to change. If this doesn't happen we need to accept the limitations.