

STANDING UP FOR YOUR VALUES WORKSHEET

What was the legitimate need that you were expressing ineffectively through anger? (Perhaps if someone was short with you in a meeting the legitimate need might be “I need to feel like I am being listened to”)

Next – like at the start of the chapter – make a note of the values that your anger was defending; the values that felt as if they were coming under attack

Now, armed with this information, and bearing in mind the kind of person you want to be and the impact you want to have on others, speculate about some other ways that you could have responded in this situation: ways that might get your needs met whilst avoiding anger behaviours.