

## What Emotions Could Be under the Anger?

We all get angry sometimes. Sometimes that's all there is to it—we feel angry because of something that happened. More often, anger is accompanied by other emotions. There are times when anger is the easiest emotions to express.

It's important to acknowledge that the anger exists. It can also be helpful to see what other emotions are also present. This can lead to more understanding of how anger starts and possible ways of making it less frequent or less intense.

**Consider the feeling words below and think about which of these feelings may come along with your anger in different situations:**

Sad	Lost	Insecure	Exhausted
Afraid	Alone	Unsure	Embarrassed
Hurt	Overwhelmed	Surprised	Useless
Confused	Left out	Selfish	Inadequate
Excited	Worried	Irritated	Incapable
Depressed	Agitated	Bothered	Offended
Crushed	Uptight	Impatient	Determined
Miserable	Nervous	Frustrated	Demoralized
Abandoned	Defensive	Resentful	Incompetent
Defeated	Doubtful	Ashamed	Weak
Lonely	Mistrustful	Powerless	Shaken
Pessimistic	Skeptical	Vulnerable	Betrayed