

ANGER - 7 KINDS WORKSHEET

NATURAL ANGER - healthy

ADAPTED ANGER - overadapted Compliant - unhealthy

ADAPTED ANGER - overadapted Rebellious - unhealthy

RESPONSIVE - healthy

REBELLIOUS - healthy

RACKET - unhealthy

PIG-PARENT - unhealthy

PARENT - OK CRITICAL - healthy - limit setting

PARENT - NOT OK CRITICAL - unhealthy - righteous



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**