



# Weeks 1 - 3: Understand Anger

## Understand the underlying issues that cause anger

1. Unmet needs – threat to safety
2. Grief and loss
3. Boundaries being violated by controlling people
4. Disappointment & smashed pictures or expectations
5. Guilt and shame based identity
6. Unforgiveness – bitterness, resentment & revenge
7. Vitamin deficiency (eg. Vitamin B<sub>3</sub> – Niacin, B<sub>6</sub>, Zinc etc)
8. Substance abuse (alcohol & other drugs)