

Healthy Anger Response

A

Experience the anger



B

Pause - before reacting with anger (as difficult as that may be).



Tell yourself "Be cool, be calm."

C

Ask yourself: What caused me to get angry?



Stay with, tolerate and name The Primary Feeling

D

Communicate that



When Anger Hurts

Cathy Goodwin



When Anger Hurts:

Unveiling the Magic of Words: A Review of "**When Anger Hurts**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**When Anger Hurts**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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