

PROGRESSION of FEELINGS

EVENT

PRIMARY FEELINGS

- Embarrassed
- Sad
- Lonely
- Guilty
- Fear
- Shame
- Confused
- Hurt

SECONDARY FEELINGS

Anger

Resentment

Bitterness

Revenge

Depression/Anxiety

THREE WAYS TO COPE WITH ANGER

1. Talk it out
2. Write it out
3. Act it out (don't cause harm to self, others or property)