**Anger Explored**

“If we were to live, we had to be free of ***anger.***”

Alcoholics Anonymous

“Fierce self-compassion sometimes expresses itself as ***anger***. “

Kristin Neff, Fierce Self-compassion

…”***anger*** is the purest form of care….”

David White, Consulations

“***Anger*** is fear announced.”

Neal Donald Walsh, Communion with God

***Anger*** is a secondary emotion. It is the result of hurt and or fear.

Steven Stosny, PhD, Anger Management Workshop

91% of emotions experts believe that ***anger*** is a primary emotion.

Brene’ Brown, Atlas of the Heart

“***Anger*** is dangerous. People get hurt; things get broken. “

Ellie Hyatt, Mindful Self-Compassion trainer

**What is important is to explore your own relationship with anger. It often varies with personality types, such as those described in the enneagram, with gender and with culture.**