**Fierce Self-compassion**

**Yang/Protective**

**Destructive Anger:**

* **Focus is on a person rather than on the threat**
* **Seeks to retaliate or harm**
* **Reactive and does not see clearly**
* **Blocks awareness of underlying wounds**
* **Ego defensive**

**Constructive Anger:**

* **Focus is on the threat, not a person**
* **Seeks to repair harm**
* **Non-reactive and sees clearly**
* **Allows us to “be with” and heal underlying wounds**
* **Not personal or ego involved**