

Anger Fuels List

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- Rushing**
- Importance** when a situation feels like it has significant consequences
- Frustration** from inability to accomplish something that's important to you
- Hunger**
- Fatigue** or **debilitation** from physical pain or illness
- Overwhelmed by complexity** from too much happening at once or excessive background noise
- Personalizing** from interpreting as directed at you personally something someone is saying or doing for other reasons. See Rx 3.1 and also 3.9 for more on personalizing.
- Should thoughts**, as in "He should have..." or "She shouldn't have..."
- Externalizing**, which is blaming someone or something outside of yourself instead of seeing your role in the situation. Externalizers believe "If I feel bad, it must be your fault."
- Misplaced focus** when anger focuses you on what you want others to do instead of on being in charge of yourself
- Projection**, which is accusing others of doing, feeling, or thinking what you yourself are doing, feeling, or thinking. See 2.8 and 4.7 for more on projection.
- Feeling threatened or injured, emotionally or physically** so you defend yourself or counterattack to protect yourself