

ANGER & FEAR

	What Provokes Anger?	Anger Manifests as...	What provokes Fear?	Fear manifests as...
8	Deceit. Lies. Manipulation. People who don't stand up for themselves. Indirectness. Fake or superficial. Disloyalty. Limiting boundaries. People who abuse their power. Injustice. Unfairness.	Powerful anger expressed directly or confrontationally. Or, armored withdrawal. Seeking revenge.	Fear of being humiliated, powerless, weak, manipulated, controlled, vulnerable, harmed	Thinking they are completely self-sufficient
9	Being treated as invisible or unimportant. Feeling controlled. Being forced to face conflict or make decisions. Saying "yes," when it's really "no." Angry or pushy people. Confrontation.	Passive-aggressive. Stubbornness or outright resistance. Complaining. Occasionally explode.	Fear of being loveless, separate, shutout, standing out, inharmonious, loss	Avoiding conflicts & self-assertion
1	Unfairness. Irresponsibility. Things done the wrong way. Ignoring the rules. Being unjustly criticized.	Anger is bad. Resentment. Justification. Tension, tightness. Outbursts of indignation, and then remorse and guilt.	Fear of being wrong, bad, evil, irresponsible, corruptible	Hypocrisy
2	Feeling uncared for. Not being thanked. Having unmet needs when others have so much. Being rejected. Being blocked from giving.	Anger disrupts relationships. Intense, sudden outbursts. Accusatory. Crying, and then withdrawing and withholding.	Fear of being unlovable, useless, unneeded	Denial of own needs, manipulation
3	Anything or anyone that blocks progress or goals. Indecisiveness. Inefficiency. Criticism. Not being recognized when justified. Insult to one's image. Failing.	Fear of anger because they care about you liking them. Impatience. Irritable. Pressuring of others. Demanding. Outburst of hostility.	Fear of being inefficient, unsuccessful, unmasked, incapable	Pushing to be the best
4	People who disappoint, let down, leave. Feeling unheard, unseen, unimportant. Feeling slighted, rejected or misunderstood. Phoniness. Meaninglessness. Ugliness.	Fiery outburst or tears. Lamenting or complaining. Moodiness. Passive-aggressive, depression.	Fear of being painfully lacking, inadequate, flawed, defective, ordinary, insignificant	Overuse imagination in search for uniqueness
5	Being considered not smart or factually incorrect. People who aren't interested in facts. Demands on time. Emotional demands. Too much stimulation. Intrusions. Disrupted privacy. Not being able to restore energy.	Withdrawing, withholding. Tense, arrogant, disapproving, rationalizing. Short bursts of temper followed by isolating.	Fear of not existing, disappearing, ignorant, contaminated, being fully embodied, incapable	Replacing direct experiences with concepts
6	Betrayal. Being cornered or controlled. Discrepancies or inconsistencies in behaviors. Accused unfairly or wrongfully. Other's lack of responsiveness. Others not taking their advice seriously. Lack of respect.	Anger undermines security. Wit, sarcasm, biting remarks. Accusatory and blaming. Defensive lashing out, projecting, subverted deviance.	Fear of fear itself, blamed, being alone, unsupported, helpless, misled, submitting, going along	Indecision, doubt, seeking reassurance
7	Constraints or limits. People who are stuck and depressed. People who lay traps for others. Feeling trapped. Beholden to others. Boredom. Hassles. Tediousness. Being told what to do or "you can't."	Curt, dismissive. Short lived but intense. Episodic, impetuous. Demanding of others – "bitching."	Fear of pain, being incomplete, inferior, limited, confined, missing out	Thinking fulfillment is somewhere else