

## Appendix N

# Healthy Anger

- Healthy anger means observing and experiencing anger without being overwhelmed by it and reacting to it.
- Healthy anger means recognizing our anger as a signal to explore the feelings, thoughts, and bodily sensations that precede it.
- Healthy anger means viewing anger as a signal to direct our attention inward to identify our core desires, needs, and values.
- Healthy anger calls for developing self-compassion, which includes skills to enhance our sense of safety and connection.
- Healthy anger includes developing strategies to let go of anger, which may include forgiving others and ourselves.
- Healthy anger encompasses compassionate practices that don't cause suffering for others or for ourselves.
- Healthy anger means learning how to communicate assertively with others.
- Healthy anger enhances our resilience and overall well-being.

The above material was taken from Bernard Golden, "What Constitutes Healthy Anger," *Psychology Today*, August 17, 2016, <https://www.psychologytoday.com/blog/overcoming-destructive-anger/201608/what-constitutes-healthy-anger>.