

ANGER RECIPE CARD

Ingredients

- INJUSTICE
- CONFLICT
- HUMILIATION
- NEGLIGENCE
- BETRAYAL
- VERBAL OR PHYSICAL ATTACK
- SILENT SULKING
- TENSION
- HOSTILITY
- EMPATHISING WITH ANOTHER

Directions

Journal Note

SHOPPING LIST

DISGUST
CONTEMPT
INDIGNATION
LOATHING
REVULSION
ENVY
JEALOUSY
EXASPERATION
FRUSTRATION
IRRITATION
AGITATION
AGGRAVATION
ANNOYANCE
GROUCHINESS
GRUMPINESS
RAGE
BITTERNESS
DISLIKE
FEROCITY
FURY
HATRED
HOSTILITY
LOATHING
OUTRAGE
RESENTMENT
SCORN
SPITE
VENGEFULNESS
WRATH
TORMENT