LOOKING AT:



ROOT CAUSE

Use this form to discover why something causes you to have destructive emotions.

Briefly describe an experience that made you angry.

Why did that make you angry?

Why did that make you angry?

•••••	 																							
•••••	 																							

Why did that make you angry?

Why did that make you angry?

Why did that make you angry?

What is the root cause for your anger?



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