



**LOOKING AT:**

# Controlling Toxic Emotions

(1 of 2)



**ROOT CAUSE**

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

Briefly describe an experience that made you angry.

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Why did that make you angry?

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Why did that make you angry?

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Why did that make you angry?

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Why did that make you angry?

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Why did that make you angry?

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What is the root cause for your anger?

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