

# ANGER

## HEALTHY OR UNHEALTHY?

### Healthy Anger

Measured & calm  
assertion of boundaries  
or needs

Informed by primary  
emotions & connection to  
needs

Moves you in the direction of  
what matters most to you

You feel stronger  
after expressing

### Unhealthy Anger

Fast & reactive - can  
damage relationships

Defensive & protective  
in the moment

Keeps you safe now but can  
block movement towards  
your needs

You feel worse after  
expressing

VS

  
Dr Clare Rosoman

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