



5 TRUTHS

about

ANGER



1

Anger is fundamentally a **refusal** to accept the current situation — a gap between expectation and reality.



2

Anger **burns** the person holding it first, like a hot coal, **before** it ever reaches the target.



3

Anger takes **many disguises** beyond shouting — sarcasm, silence, withdrawal, criticism, and control are all forms of anger.



4

The key question when anger arises is: “**What am I not accepting right now?**”



5

Acceptance is the **antidote**. It does not mean approval or passivity — it means choosing to stop fighting reality so you can respond with **clarity and calm**.

