



**emotional
POWER**

SPECTRUM OF ANGER

ANNOYED

RESENTFUL

ANGER

RAGE

FRUSTRATED

BETRAYED

HATE



**emotional
POWER**



BRENE' BROWN
Atlas of the Heart



**emotional
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Ask for what you need...

Non-Violent Communication

Marshall Rosenberg

“When you DO XXX...

I FEEL YYY.

I NEED ZZZ.

Would you be WILLING to ABC?”



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BRAVER ANGELS

We envision an America with respectful embrace of political disagreements, where civic friendship flourishes and competing perspectives strengthen our nation. Our goal is not to change people's views of issues, but to change their views of each other.



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Take Anger into the 5th Dimension...

- 1 – PAUSE 90 seconds
- 2 – “Why do I feel threatened?”
- 3 – “Who is my true Source of Good?”
- 4 – FEEL that Truth: relief, peace, love
- 5 – PRAY for the “other”



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**In God's
peaceful
presence,
all is well.**