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EMOTIONAL HEALTH

# The Anger Map

Understanding what is underneath your anger and learning to express it without destroying what matters.

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Boundary Agreement Resource Library

Dr. Hines Inc. | [boundaryagreement.com](https://boundaryagreement.com)

This guide is a coaching resource, not therapy or counseling.

# Anger Is Never the Real Emotion

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Anger is a secondary emotion. It is the bodyguard that shows up to protect the more vulnerable feelings underneath: hurt, fear, shame, rejection, helplessness. When you say 'I'm angry,' the real question is: what am I actually feeling underneath this?

**Until you learn to identify what is underneath the anger, you will keep reacting to the surface and missing the root.**

## The Anger Iceberg

What people see above the surface: Raised voice. Slammed doors. Silent treatment. Sharp words. Crossed arms. Walking away.

What is underneath: Fear of abandonment. Feeling disrespected. Shame from past failures. Helplessness. Grief. Unprocessed trauma. Feeling invisible. Feeling controlled.

## Your Anger Pattern

Everyone has an anger pattern. It was formed in childhood and reinforced over decades. Identifying yours is the first step to changing it.

### The Exploder

Anger comes out loud and fast. Yelling, cursing, intimidation. The release feels good in the moment but leaves wreckage. The pattern: build pressure, explode, regret, repeat.

### The Imploder

Anger goes inward. Silent treatment, emotional withdrawal, passive aggression. On the outside everything looks calm. Inside, resentment is compounding interest.

### The Deflector

Anger gets redirected. You are mad at your boss but you snap at your partner. You are hurt by your partner but you pick a fight about dishes. The real issue never gets addressed.

### The Scorekeeper

Every offense is cataloged and stored. Anger doesn't come out in the moment. It comes out weeks later as a detailed list of everything your partner has done wrong.

## EXERCISE: Map Your Anger

Think about your last 3 angry moments. For each one, dig below the surface.

**Situation 1: What happened?**

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**What emotion was underneath the anger? (fear, hurt, shame, etc.)**

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**What did I actually need in that moment?**

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**Situation 2: What happened?**

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**What was underneath?**

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**What did I actually need?**

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**Situation 3: What happened?**

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**What was underneath?**

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**What did I actually need?**

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**What pattern do I see across all three?**

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**PRO TIP:** Next time you feel anger rising, pause and ask yourself: 'What am I actually feeling right now?' Name the emotion underneath. That is the conversation you need to have.