



For every 60 seconds you are angry,
you give up 1 minute of Happiness

Anger is a gift
challenging us to
connect to our
unmet needs



- It is not what people do that makes us angry
- It is our evaluation of what has been done that is the cause of our anger



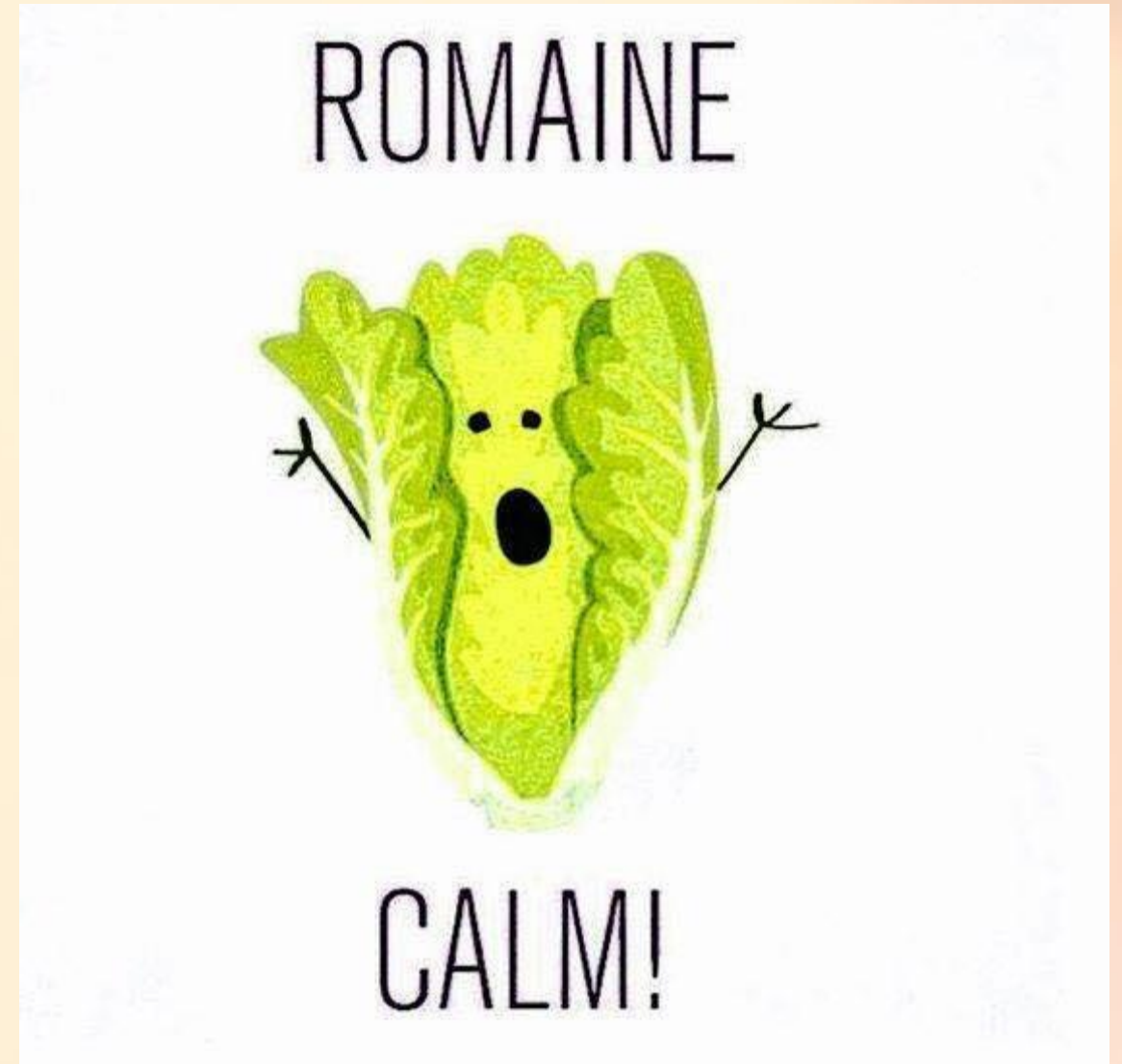
ESCAPE THE MATRIX



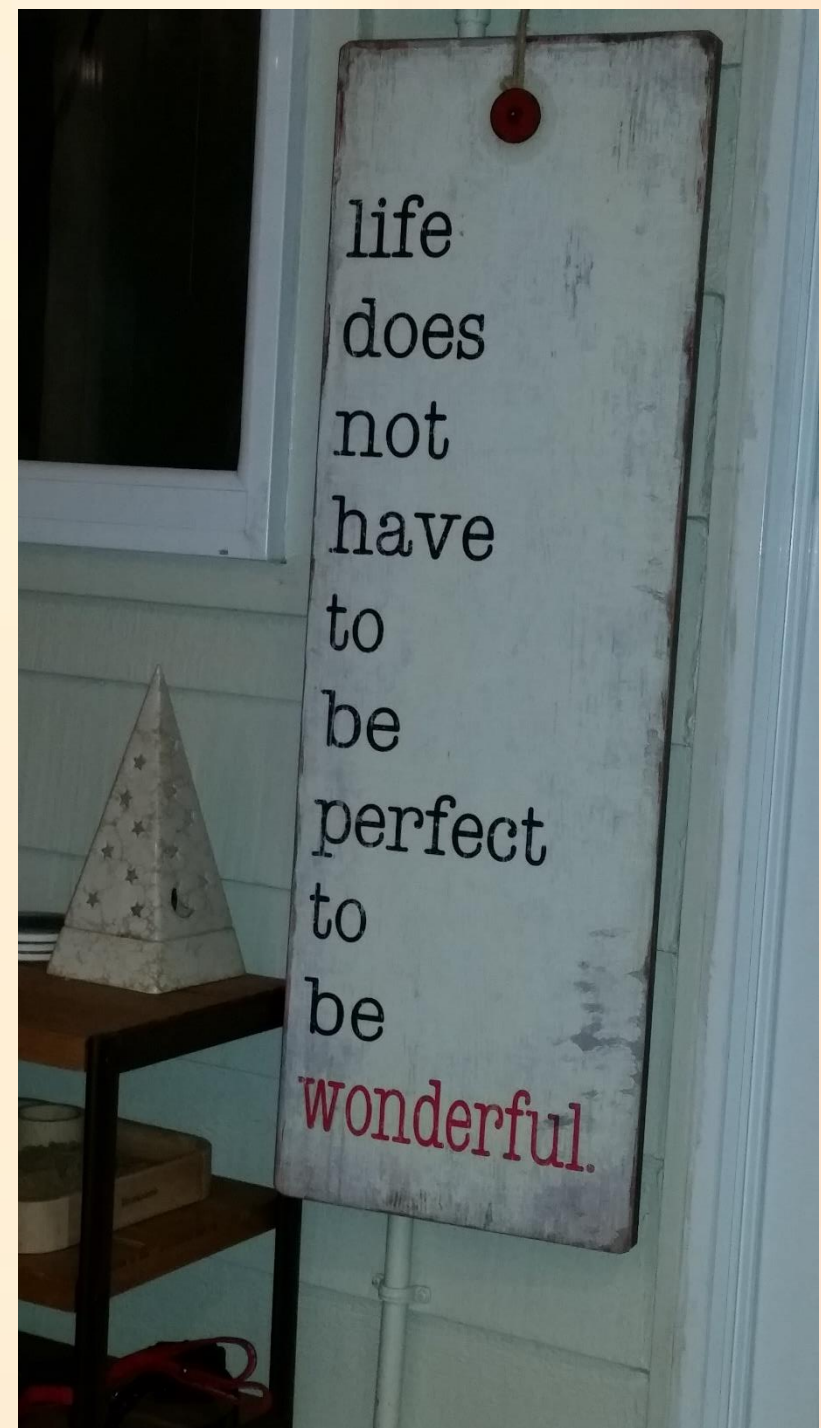
- Get clear on YOUR feelings
- Bring your full attention to YOUR needs



- Observation
- Feeling
- Thought
- Need
- Practice OFTN!



Things don't
happen to you,
they happen
through you



ONLY BY
EXPRESSING MY
TRUE SELF IN
THE PRESENT
WILL I CREATE A
MORE POSITIVE
FUTURE



- Living from your heart
- Making judgement-free observations
- Getting clear about your feelings and needs
- Making clear requests
- Supporting life enriching connections

