



**Toolkit for Divorcing with Dignity**

**Tip Sheet #4: Working through anger**

Anger is a common emotion to experience at any point in a divorce. There can be anger leading up to the decision, anger during the legal arrangements, anger towards family members or friends, anger towards your former spouse, and anger after the divorce is finalized.

One helpful way to think of anger is as a mask. Many times, anger is what people express to cover up a more painful emotion. The anger mask is keeping the true pain hidden. This certainly is not always the case- perhaps anger is the most appropriate and fitting response true of your experience of a situation. One tip for working through anger is to consider what the root of it might be, and work through the emotion that might be underneath the anger. Uncovering what might be masked is the first step to moving through that feeling towards a place of peace. Below are several feelings that might lie underneath anger. Do any of these fit for you?

Lonely	Shocked	Ashamed	Embarrassed
Humiliated	Violated	Betrayed	Disrespected
Scared	Rejected	Anxious	Inadequate
Insignificant	Powerless	Abandoned	Confused