



### **Exercise: Exposing the Source of Anger**

1. If all attack is essentially self-attack then acceleration of the healing process involves looking first at how we may have betrayed our self. Answer these questions with radical self-honesty:
  - 1) Where did I abandon myself, my inner knowing? How did I not show-up for myself?
  - 2) Where was I not completely honest, accountable and transparent?
  - 3) Was I trying to give something in order to *get* something in return? For example, approval, recognition, special favors, etc.
  - 4) Did I have an agenda?
  - 5) Did I want to be right *more* than I wanted to close the gap with another?
  - 6) Did I take something *personally*? Only the ego can do this. The Holy Self cannot.
  - 7) Was I offended? Remember that to *take offense* and to *give offense* are the same mistake.
2. If you'd like to learn more about triggers, in addition to reading the next section, you should find the following sections helpful:
  - 1) The Shocking Truth about Being Unfairly Treated.
  - 2) The forgiveness process can be found in this exercise: *The Seven Essential Principles of Quantum Forgiveness (Atonement)*.