

I remember I never like people **shouting and blaming me for something I didn't done.**

I was **angry** about myself **when I didn't achieved goals I planned to achieved.**

I was angry when **people weren't treated right** around me.

When I was finishing Primary school my step mother ask me to go to high school close to my home despite I had chance to go to much better school in capitol city. **I feel angry that I follow her instruction and lost great opportunity, and didn't listen my heart.**

**I was angry** because **I was very romantic in my past relationships, despite they weren't happy I was staying in them for far too long.** I didn't learn my lesson to be more realistic for far too long. It, caused me a lot of disappointment in life

I was **angry when people try to do decisions for me**, without involving me into decision making.

I was angry towards my friends which **didn't kept their promises.**

I was **angry that people try to influence my decisions and impact my life direction, criticising, using force or manipulating.**

I was angry towards **people who never listen, and never say sorry**

I was **angry about myself not taking full responsibility for my mistakes, but being more eager to put blame towards others for place where I'm in life.**

**I'm angry when people are violent, and I don't respond with my anger but stay quiet – won't communicate my problem.**

**I'm angry** when by repetition I'm **repeating choices which doesn't make me happy.**

**I'm angry when I don't sleep enough**, and have busy day at work

**I'm angry when I say to often yes to other's people requests and then don't have time to do my own staff.**

**I'm angry when doing to many hours of overtime at work.**

**Based on the story we learn about our boundaries, and when we have to put more attention towards different aspects of our life and make some changes. Based on this story.**

Person should seek for supportive not blaming people around, and don't allowed people blaming him her not right, using anger, and passing information with it.

Follow his own voice of heart not listening other's people advices

Be more realistic about relationships, not over romantic

Improve decision making process that other people wouldn't try to make decisions for that person

Don't stay quiet when people are violent, or not treating fair other people.

Take more responsibility for his own mistakes and taking actions in order to change life instead of blaming others.

Don't repeat same mistakes

Don't work long working hours, have enough sleep

That are changes this parson may apply to his/her personal life. Each person have different life experience, different stories so lessons, places where anger appear will be different. Once we

learn what sort of information is passing our anger and learn our lesson, we will improve our quality of life.