

# Anger = "Umbrella" Emotion

Anger can sometimes be referred to as an "umbrella" emotion because it often covers/hides other emotions, such as fear, sadness, shame, and embarrassment.

Example: Jake is hurt when his friend lies to him. He yells at his friend and says mean things about him.

In this example, Jake showed the "umbrella" emotion (anger) to hide the hurt he was feeling.

The next time you are angry, ask yourself:

"What am I really feeling?"

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"What is driving my anger?"

