

## Anger Perception filters – assessment exercise

- Recall an occasion when you lost your cool
  
- Ask yourself the following questions to assess whether any perception filters may have affected your feelings and your response?
  1. Was the environment overly noisy, warm or cold?
  
  2. Had I previously been too nice because I come from a background where people are overly polite – or did I overreact for the opposite reason
  
  3. Could the situation or the words or the body language have rung sub-conscious bells?
  
  4. Could I have been expecting to hear or see what I think I heard or saw?
  
  5. Was I in a negative mood?
  
  6. Was I possibly hungry tired or in pain?