

Know What is Really Bugging You, Why and How to Heal It

The GIFT Exercise

The following emotions are usually underneath the feeling of anger. Identifying these emotions shows you what is really going on inside of you when you are angry at your spouse.

- Guilt,**
- Inferiority,**
- Fear,**
- Trauma or Pain**

The Digging Deeper Exercise

1. **What is the behavior that you do, that triggers my anger?**
When you.....I feel.....
2. **Identify the root of my anger using... The GIFT Exercise**

Guilt
Inferiority
Fear
Trauma or Pain
3. **When have I ever felt this before?**
4. **What do I do when I feel this feeling? What is my behavior?**
5. **What do I really NEED?**

Trigger	Emotion (Gift)	Past Wound or Environment	Behavior (What I do)	NEED Use basic need list

Basic Needs: _____

Healing Prayer: _____

