**HEArt Practice**: Consider one event that might provoke destructive anger/rage. Then consider what kind of loss this event might be connected to. If it is a possible **future loss** then the emotion **hidden by the anger** would be in the **fear/worry family**. If it is a **past loss** then the **HIDDEN** emotion would be in the **sadness** family. Please circle the emotion that would be **HIDDEN** by angerin your event. For example, given the event was being cut off in traffic, **fear** is circled because the **HIDDEN** emotion is about a **loss that might occur** if there is an accident. There might also be **fear** related to thinking there would be **a loss of self esteem** from letting someone get away with cutting you off.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | |  | | --- | | Fear/Worry |   Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad |
|  | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad | Fear/Worry  Sad |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |