**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.

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

Sad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad |
|  | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad | Fear/WorrySad |
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