

BUT WHY ANGRY, SAHIL?

A field guide to the signal, the story and the response. Sahilverse / Still Becoming.

Anger is an emotion, not a command. This guide is for ordinary reflection, not diagnosis, treatment or crisis support.

1. Describe the event

Write one sentence about what actually happened. Avoid guessing motives. Example: "The meeting began 25 minutes late."

2. Identify the possible signal

Was there a boundary violation, delay, disappointment, overload or uncertainty? More than one can be true.

3. Separate observation from interpretation

Observation: "They interrupted twice." Interpretation: "They do not respect me." The second statement may be plausible but needs more evidence.

4. Check your body and context

Sleep, hunger, stress, physical discomfort and repeated interruptions can change how intense an experience feels.

5. Choose the next action

A response could be a clear request, a boundary, a pause, a repair conversation or choosing not to engage. Avoid making irreversible decisions at peak intensity.

6. Translate the heat

Hot: "This is ridiculous." Cooler: "I am frustrated because the deadline changed without notice. Can we agree on a clearer process?"

7. Review afterward

Did your response protect what mattered? What information did you miss? What would you repeat or change next time?

Interactive exercise (print alternative)

Choose one: boundary / friction / hurt / overload / uncertainty. Then write: What happened? What am I assuming? What do I need? What action aligns with my values?

Heat dial (print alternative)

At 8–10: name the emotion. At 5–7: describe the frustration. At 3–4: state why it matters. At 1–2: make a specific request. These are communication prompts, not a validated scale.

Further reading

American Psychological Association: apa.org/topics/anger

NHS: nhs.uk/mental-health/self-help/tips-and-support/anger/

Explore the Sahiverse: sahiltayal.com | Write: sahil@sahiltayal.com