Anger does not travel alone. Disappointment, embarrassment, guilt, shame, confusion, uncertainty, worry, discouragement, frustration, hurt, jealousy, regret, discomfort, sadness, loneliness, and/or many other feelings may be experienced with anger. The next time you feel angry, take time to identify what other feelings are happening simultaneously. If you struggle to acknowledge what other feelings are joining your anger, ask yourself what someone else might feel if put in the same situation because that can broaden your view beyond your own anger. Allowing yourself the vulnerability of expressing these feelings to others may be difficult yet beneficial. If you take a moment to reflect on the additional feeling/s, you may find the intensity of your anger decreases and that you think more clearly about the situation. You can help your family members to expand their feeling-word vocabulary by labeling your own feelings, explaining what factors you believe triggered them, and sharing how you will respond to those feelings. If you can name and express feelings aloud to others you trust, those people may be drawn closer to you to listen to your concerns, to comfort you, and to brainstorm solutions with you.