

flow



When bad things happen out of nowhere, it's easy to feel chaotic & out of control.

You feel like you didn't do anything "wrong" to deserve this, so why is it happening to you?





That's when the anger can start
to bubble up.



Slowly at first, then all at once.

You are
MAD that
this even happened

MAD because
you don't deserve
it



MAD that bad things
happen to good people for
NO. GOOD. REASON.

The thing that sucks is that we're never fully in control. It just feels like it when things are going well.



What you can control is your response.



This isn't to say your anger isn't valid or justified. Often it is!



It's just a matter of allowing yourself to feel that anger, but moving through it and not letting it consume you.