

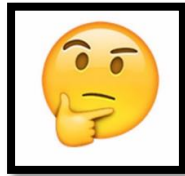
# Rebuilding My Happy Home

**Purpose:** Recognizing the nature of the impact from microaggressions can return stress management in a happy home.

1. Identify your usual anger style.



\_\_\_ Feeling Guilty



\_\_\_ Seeking Revenge



\_\_\_ Exploding



\_\_\_ Somatizing

2. Choose to de-escalate anger emotions by choosing healthy ways to let off steam, such as taking a walk, or counting to ten. What healthy choice can you choose when you feel you are mismanaging your anger?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Develop a stronger support system. Who can you reach out to when the home is being overrun with microaggression? (Write names here.)

\_\_\_\_\_

4. Turn microaggression comments into requests. Rescript this statement as a request: "I see you got YOUR...SELF a cup of coffee!"

5. Forgiveness can begin to heal anger and brings closure to situations of the past in which you feel violated. List three people you may need to forgive and one way in which this could happen.

Person or Situation to Forgive	How Will I Forgive?
1.	1.
2.	2.
3.	3.