



## Cost-Benefit Analysis of Anger

Hanging onto our anger and hurt benefits us (at least in the short term) and has costs too. You can weigh in on your choice to hang onto anger - or let it go - using this cost-benefit analysis.

<b>Short-Term BENEFITS of hanging onto anger/hurt</b>	<b>Long-term COSTS of hanging onto anger/hurt</b>
How does my anger benefit me? What are some reasons to keep being angry?	How much time and effort does it take to keep the anger going? How does my anger hurt me?

### Additional questions to ask yourself:

1. If I decide to make a direct and conscious decision to forgive, what benefits might I gain?
2. If it is possible that with less anger I would sleep better, eat better, have improved relationships with family, do better at work or school?
3. What are some reasons to let go of the anger?

**BONUS:** Here is a link for you to experience the practice of forgiving. It is a short meditation narrated by Ruth King and found on Insight Timer. You can download this app where you will find links to thousands of meditations. This can be a very helpful way to reinforce your intention to forgive – yourself and others.  
[https://insighttimer.com/ruthking/guided-meditations/on-forgiveness?branch\\_match\\_id=599666415894203538](https://insighttimer.com/ruthking/guided-meditations/on-forgiveness?branch_match_id=599666415894203538)

***Forgiving helps you move on from the past, live for today and build your future.***