When you see aggression at the surface
Look for the fires burning beneath

Fear
Disrespect
Frustration
Insecurity
Humiliation
Betrayal
Shame
Physical Discomfort
Psychological Trauma
Loneliness
Alienation
Low Self-Worth
Disappointment
Despair
Rejection

Adapted from Chappell, Soldiers of Peace, 2017 | www.peaceliteracy.org |