

that these pre-existing hurts[the author's history of having hurtful experience] or wounds were causing me[the author] to react when provoked.

and[child node below is in the same sentence as parent node and on the left side of "and", the conjunction]

how the author's feelings are connected to their pre-existing hurts

In other words,

that my history of having had similar hurtful experiences had caused me to feel invisible or unworthy in one shape or form

I understood then that the situation itself didn't make me feel these feelings but rather brought them out in me;

I[the author] realized that my[author's] anger may have been appropriate given the situation,

but

the emotional outburst was a product of my deep hurts

[describe "deep hurts"]

deep hurts within me that not only caused me to overreact with anger

but also

provided me[the author] with ongoing evidence

["evidence"] that

I[author] was insignificant or not good enough.