

CONSCIOUS ANGER PRACTICE

Anger's job is to alarm (within 100 milliseconds) of a violation to safety, values, boundaries, trust or unmet needs (real or perceived). Anger is about protection and survival (food, water, shelter, connection needs).

We can get angry for things in the past and present. We can also have self-anger, which is also important to understand. Self-anger provides a wealth of information to learn from experiences and mistakes, and realign your actions with your values, safety, priorities, and needs.



We need to own and take 100% responsibility for our anger. A lot of times anger is triggered due to another person's words or behaviors, but your anger is still within your power! Which is a good thing! Learning how to own and process through your anger is one of the most empowering life skills.

A woman with dark hair, wearing a white bathrobe, is holding a yellow spray bottle. She is looking down at the bottle. The background is a plain, light-colored wall. A large, semi-transparent white rectangle is overlaid on the image, containing text.

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**We can't just
choose to be
happy, but we can
choose to be kind
ourselves when
we're angry or
sad. Pain passes
more quickly
when we don't
berate ourselves
for feeling.**

-
Lori Deschene

CONSCIOUS ANXIETY PRACTICE

WHAT YOU NEED TO GET STARTED

- Use your journal or some paper and get something to write with
- A timer on your phone or clock



Time for 15 minutes



Write about feelings



Close at 15 minutes

1. BEGIN BY SETTING TIMER AND SAY ALOUD

"I'm consciously honoring and understanding my anger now."

- Set your alarm for 15 to 30 minutes
- Write freely unfiltered about everything on your mind, anything you are angry about, frustrated, irritated, injustices or disrespect.
- Use the questions on the following pages if needed

2. MAKE SURE TO ASK

"What do I care about most right now?"

"What are my needs?"

"Do I need to clearly state my needs?"

"What has been violated?"

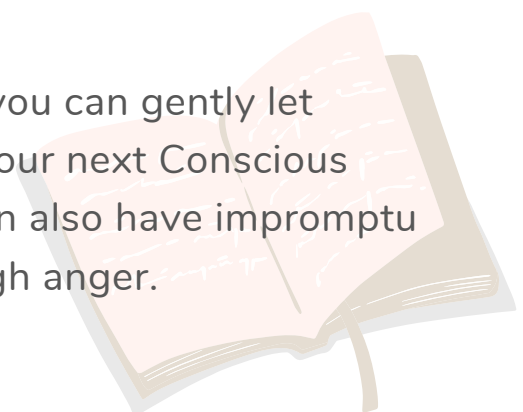
"Is anger pointing to one of my values?"

3. WHEN TIME IS UP, CLOSE WITH SOMETHING LIKE

"Thank you anger, I am wrapping up the practice now."

DISCIPLINING ANGER THROUGH THE DAY

At any point during your day, if you feel anger, you can gently let yourself know that you will give it time during your next Conscious Anger practice that you have scheduled. You can also have impromptu practices as needed if you are going through high anger.





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**Anger is actually
the most
empowering
emotion you have.
Anger is a message
from your body.
When you listen to
your body's
message and act on
it in a healthy way,
you're more likely
to feel safe and
heard.**

-
Jonice Webb, PhD

CONSCIOUS ANGER PRACTICE

EXAMPLE QUESTIONS FOR YOUR ANGER

RECOGNIZE what you are angry about (could be from the past or in the present) EMBRACE and HONOR it. This is an important step, otherwise you may shame and suppress it, making it difficult to access. Suppressed anger can lead to depression and mood disorders.

What am I angry about? Or what do I care about most right now?

Has anything been violated (boundary, value, safety, respect, trust) or are my needs unmet (feeling ignored, dismissed, not valued, etc.)?

Do I have any recent frustrations, regrets, screw-ups or mistakes that I feel angry at myself about? Allow yourself to RANT!

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EXAMPLE QUESTIONS FOR YOUR ANGER

What is it about these regrets, screw-ups, mistakes that important to me?
Remember, we only get angry about things or people we care about.

Anger also alarms when we have unmet social connection needs (sense of purpose, feeling valued, respected, loved and cherished). Are you noticing if any of these unmet needs?

What obstacles are in your way that may be blocking you from getting your connection needs met?

CONSCIOUS ANGER PRACTICE

ASSESS NEEDED ACTION FOR YOUR ANGER

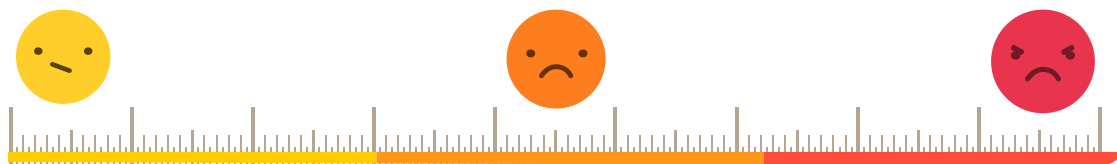
Sometimes, but not always, anger needs you to take corrective action.



Much like a smoke detector alarms if it detects smoke, anger activates if it detects a violation to safety, values, boundaries, or survival needs, food, water or connection (purpose, love, respect, etc.).

However, there are false alarms. Just because you feel angry, doesn't mean it is due to what is currently happening. It may be triggered due to past unmet needs or violations. Rating your anger is important.

How would you rate your anger right now, on a scale from 0 to 10?



1

**Slight Anger Subtle
Violation No Action
Necessary**

5

**Medium Anger
Minor Violation
Plan for Action**
Example:
Clearly communicate a
need and solution.
"I want to spend
more time with you,
let's plan for a
camping trip."

10

**Rage Anger
Major Violation
Flee Now**
Example:
Evacuating
(leaving right
away), running out
the door, calling
911, or needing to
quit a job.

Considering your anger rating, do you feel you need to plan or take **NEEDED ACTION**? If so, what ideas do you have?

CONSCIOUS ANGER PRACTICE

EXAMPLE QUESTIONS FOR YOUR ANGER

Is there anything else you are feeling frustrated or angry about? Allow yourself to RANT! Freewrite whatever comes up.

Do you feel you need to take NEEDED ACTION? If not, what have you learned about simply processing your anger instead of expressing it?

If yes, what ideas do you have on taking action?

It may be useful to learn about Communication and Boundaries

<https://www.counselorathena.com/boundaries>

<https://www.counselorathena.com/communication>

(save worksheet before clicking a link)



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**Your feelings are
your responsibility
and you must own
them and see them
as yours so you can
begin to find an
answer to whatever
issue they are
pointing to.**

-

Henry Cloud, PhD



ANGER ROOTED IN THE PAST

SAVE WORKSHEET BEFORE CLICKING ON VIDEO



**ANGER ROOTED IN
YESTERDAY'S
RAGE: CHILDHOOD
EMOTIONAL
NEGLECT**

Alan Robarge Relationship 13:20

**Anger Rooted in Yesterday's
Rage: (Childhood Emotional**

103.8K views · Jun 12, 2017
YouTube › Alan Robarge / Attachment...



A current event can have only the vaguest resemblance to a past traumatic situation and this can be enough to trigger the psyche's hard-wiring for a fight, flight, or freeze response.

Pete Walker, MA

CONSCIOUS ANGER PRACTICE

EXAMPLE QUESTIONS FOR ANGER ROOTED IN THE PAST

If you viewed Alan Robarge's video, what are your thoughts?

The following lists experiences that may subconsciously trigger anger today, due to slight similarities of past, unprocessed anger / trauma.

Identify what may be true for you:

- Past violation of your safety
- Past violation of your values (injustice)
- Past violation of your boundaries
- Past violation of your trust (betrayal)
- Past heartbreak, breakup or divorce
- Past violation of your own trust or values (self-betrayal)
- Past unmet needs in relationship (not feeling seen, heard, known and valued from your current or previous partner if you're currently single)
- Past unmet needs in childhood (not feeling seen, heard, known and valued from your parents / caregivers)
 - Childhood Emotional Neglect (common yet detrimental)
 - Childhood or Domestic Abuse or Trauma

Do you feel your current anger may stem from the past? Without going into much detail (unless you want to) describe your thoughts on how your current or recent anger may have more to do with the past, than present.

Making these events conscious, allows you to identify, understand and process through the unprocessed anger and traumatic memories so you can heal and feel empowered moving forward, instead of triggered, confused, panicked, overwhelmed or stuck in disorders like depression. Some events may require trauma-informed therapies such as EMDR.

A woman with long brown hair and glasses is looking out a window. She is wearing a light green sweater. The background is a blurred view of a building and a sky with some lights.

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**Too much, and you're
a danger to everyone.
Too little, and you are
endangered by
everyone. So work to
find the middle path
between too much
anger and not
enough, and you find
the gifts of anger!**

-

Karla McLaren, EdD



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Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org