

LOVING ANGER

We recognize your courage and integrity to show up to look at your relationship to anger.

The PURPOSE of ANGER...

1. F..... necessary **change**
2. E..... us to **protect** what is sacred and vulnerable
3. R..... the hidden **truth** between us, to strengthen and deepen our **bonds**.

VISUALIZATION: healthy anger as a well tended FIRE...

1. *Do you pour water or gasoline or allow it to stoke and cook...?*
2. *ACCESSING ANGER... Where do you situate it in your body...*

I AM ANGRY withfor

SKILL: "HOLD & RELEASE"

1. As you INHALE, pick up and HOLD tight, clinging to the anger!
2. As you EXHALE, RELAX your grip to feel it resting in your palms.
3. REPEAT 3 times to experience the CHOICE to hold or release and "just be with" the experience of anger in your body.

What does that feel like to re-connect with your anger in healthier ways?

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WHERE is your ANGER calling you...?

- FREEDOM
- SAFETY
- CONNECTION
- POWER
- RECOGNITION

My Relationship To ANGER

	INTENT	ROLE	MESSAGE	My default?
7	EVOLVE & DEEPEN	LOVING WARRIOR	<i>My anger helps me to harness energy to evolve myself and deepen our bond.</i>	
6	PROTECT & PROVIDE	GOOD SOLDIER	<i>Anger drives me to protect boundaries and get shit done so I can deliver.</i>	
5	SOLVE & IMPROVE	FIXER	<i>Anger pushes me to try to solve problems and improve myself and others.</i>	
4	FEAR, SUPPRESS & PUNISH	NICE GUY	<i>Anger can be hurtful. I don't want to be seen as bad guy so I am brewing it into resentment</i>	
3	DOMINATE	BULLY	<i>Anger is a tool I use to get my way with others.</i>	
2	TERRORIZE & HARM	SADIST	<i>Anger is turned into violence and threat which I get pleasure from inflicting.</i>	
1	OUT OF CONTROL	CHILD	<i>Anger takes over without me knowing and I lose control...</i>	

My COMMITMENT

Given the power of my anger (to harm or transform), the minimum I will do to continue evolving my relationship to my anger is...