

UNCOVERING ANGER HOMEWORK:

Write down your answers to the following questions.
Be **SURE** to trust your **FIRST** response, thought, image, answer.
Do **NOT** over-think this!

* What pisses me off?

* Who pisses me off?

* How do you **know** you are pissed off/angry?

* What are your clues? How do you know?

* What is my anger trying to tell me?

* If your anger had a voice what would it say?

*** REMEMBER: GO WITH YOUR FIRST THOUGHTS FIRST ANSWER ***

* Is there any person, place, event, experience, and/or thought that keeps coming back and nagging at you?

* Do you experience numbness in any part of your body even if it comes and goes?

* Choose one person, place, event that bothers you today? Close your eyes and think about this person/place/event.

* Ask Yourself: Am I trying to control and change them, **OR** is there something in ME that needs to change that I'm avoiding or afraid of?

* Am I giving my power away to them by thinking things like: "If **they** don't change then I can't be happy?"

* Am I hurting MYSELF in some way by keeping anger to myself? If so, what action do I need to take to resolve this?

* Do I notice my anger related to being hungry, thirsty, lonely, isolated or tired from lack of sleep? Is my anger due to a lack of self-care?

BE SURE to write down your answers and do not just think about them.

TIPS FOR RELEASING ANGER:

Shake your body
Jump up and down
Running
Dance like nobody's watching :)
Sweat
Yoga
Movement
Boxing
Kickboxing
Lions Breath (instructions in the video recorded call)
Talk to a trusted friend, mentor/coach.

The KEY is to literally Get the energy moving!

- * You'll gain better clarity **after** you get the angry energy moving OUT of your body
 - * Write down your answers in order to get more clear
 - * Once you are clear you can **ASK** for what you need
OR...make the changes in **yourself** that need to happen
- * Take an honest deeper look...IS anger covering over fear, grief, shame, guilt of some kind?

Reach out to me for more personal help if you need it !!! You Matter !

Much Love,

Debora