



HEALING OUR EMOTIONS - LESSON 4

USING ANGER TO BECOME INDEPENDENT

What is anger?

- Is a normal human emotion
- Typically triggered by feelings of injustice, disappointment, failure, and frustration or body states, such as tiredness, hunger, sexual frustration, pain, PMS
- When it gets out of control it can become destructive, leading to serious problems at work and in personal relationships.
- What triggers YOUR anger the most?





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Anger is linked to dependency

- Many times, anger is a way of making someone else responsible for what we should be taking responsibility - this makes us dependent on that person
- What are you waiting for someone to change so that you can feel good?
- If we are constantly getting angry at something, the problem is no longer that something, but our inability to do something about it





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When are we using anger negatively?

- When it involves malice or revenge
- When it leads us to evil thoughts...
- When it is directed at a person - that will lead to hatred... even murder
- When we lose control
- When it leads us to irrational behavior
- When it is excessive and triggered by just about anything





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How can we use anger positively?

- When it is directed at a behavior - either someone else's or ours - instead of at a person
- To release hurt and frustration and sadness from our past
- To move us to action
- To learn to accept
- To learn to let go





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WHAT MAKES ME ANGRY THE MOST IS:

FROM NOW ON, I NEED TO FOCUS MY ATTENTION ON:

MY NEW REACTION WILL BE:

