

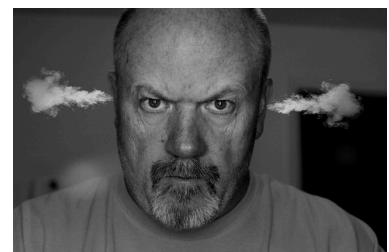
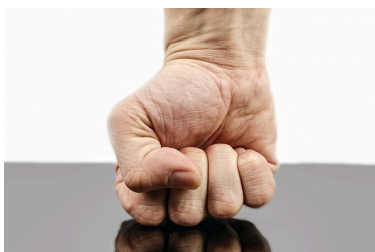
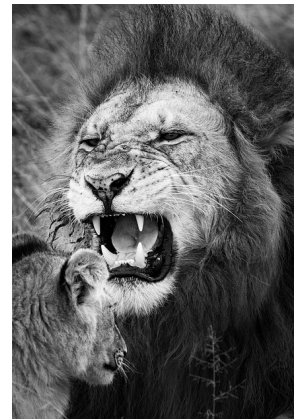


Anger

The theme this month is Anger. How we recognize it, how we are processing it, how we stuff it, and how we express it.

We all have a relationship with anger whether we like it or not. We need to understand how to feel the emotion of anger, and what to do about things that make us angry if we are going to have success in our freedom journey!

This month we are going to dive into the challenges of anger and give you some plans on how you can feel it, and overcome it!



Take a look at those images above.

anger.

Externalized Anger

These images represent externalized anger. The expression of anger we are used to thinking about.



Yelling

Swearing

Hitting something

Red Face

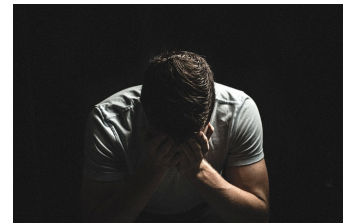
These displays of anger going OUTWARD are only one type of anger.



Internalized Anger

Another way people deal with anger is to suppress or redirect it. They push it down, turn it inward, or try and convert it to something else. Distraction and forced positivity can work for a while, but eventually they lead to greater problems.

Internalised anger can cause physical symptoms such as high blood pressure, depression, headaches and tension. It can also lead to passive aggressive behaviour which is not good for relationships. People who tend to focus anger inwards may be socially withdrawn, sulky, irritable and grumpy.



This week start to recognize your own relationship with anger and see how you are worked to release, repress, or express that difficult emotion.
