

INSTRUCTIVE *is it wisdom?*

WELL DEFINED SENSE OF SELF / compass

• ANGER IS A FRIEND
OUR EMOTIONAL IMMUNE SYSTEM

• ANGER IS TELLING US SOMETHING'S OFF
SOMETHING'S NOT OK

↳ a boundary has been crossed
violated
transgressed

• ANGER PROTECTS US + THOSE THAT CAN'T
DEFEND THEMSELVES

• ANGER FLOODS OUR SYSTEM WITH
CLARITY, PURPOSE + LOVE

• ANGER IS A DECLARATION!
I MATTER - I WILL BE HEARD / SEEN!

• ANGER CAN BE MOTIVATING + UNIFYING!

EXERCISE "WISDOM OR WRATHFUL"

• make a fist, covering
your thumb with your
other four fingers

• remind yourself that
you are, in the moment
of wrath, your THUMB

• BREATH + NAME IT

①

②

accept it
welcome it as a friend
allows it
knows that it's a basic emotions of all
mammals

Say "I FEEL ANGRY"

"I EXPERIENCE TENSION"



I HAVE A RIGHT TO BE ANGRY, BUT NOT TO SPREAD IT!

HANNAH GADSBY

Story XXX / Ep. 31

BEING HUMAN SERIES

VII Wisdom of the Wrathful Person
COMPULSION OF RAGE

① Healthy anger PROTECTS

↳ short-term / immediate
↳ boundary defense

"EMOTIONAL IMMUNE SYSTEM"

↳ after expression,
it disappears again

↳ no suppression,
no festering

EXERCISE "IMMEDIATE IMMUNITY"

• in the following weeks, stay
aware + mindful

• observe yourself + what
happens to you when a boundary
is disregarded

• what happens in your body,
what emotion comes up?

• is your first response to suppress,
to express, to reflect on why
you were angry? do you know
which boundary was violated?

• what happens if you express it?
is it done + dealt with?

how do you feel your "emotional
immune system" is working, well
or does it need your attention?

② SUPPRESSED ANGER

"wisdom of wrath" lost

↳ we were rejected when expressing this
emotions

↳ we were not seen, heard, understood
because of this emotion

↳ we SUPPRESS / REPRESS + CONDEMN

I WAS MORE COMMITTED TO PLEASE OTHERS THAN TO THE INTEGRITY OF MY SOUL

DESTRUCTIVE *is it harmful?*

WITHOUT BOUNDARIES
LACK OF SELF-LOVE
ACTING ON OUR ANGER

↳ our amygdala acts up +
holds power over us, the pre-frontal
cortex is not in charge

↳ it's a trigger, it's from deeper / deeper
within / ago

↳ ANGER CAN BE DEVOURING

KNOW / REMIND YOURSELF:

whether the person deserves our anger,
or not is irrelevant

↳ IN THE END we lose our soul
we lose our balance
we become intoxicated
we intoxicate ourselves

IF WE DON'T ADDRESS IT, OBSERVE IT,
WORK WITH IT.

IT'S NOT THE POWER ITSELF,
AS ALWAYS,
IT'S THE ABSENCE OF SOUL + OF
BALANCE

ENTANGLED PHOTONS PHOTOGRAPHED
"Balance is key"



DO IT DIFFERENTLY + INQUIRE

- HURT PEOPLE, HURT PEOPLE
- PHYSIOLOGY: it's okay to
express it via clenched fists,
tense neck shoulders...
EMBODY IT, IT'S GETTING TO
UNDO YOURSELF!

- FEEL COMPASSION + BE YOUR
OWN BEST FRIEND,
SUPPORT YOURSELF WITH
UNDERSTANDING + GRACE

- what memories
arise
- what wants to
be protected
- what wants to
be seen
- is there another
emotion as well?
- what actions required?

different techniques,
explore which tool
works for you
→ also 3-5 deep
breaths help
in the moment