

"Healthy anger sets your boundaries and helps you relate authentically and respectfully. When you have an awakened connection to your anger and a clear sense of your own boundaries, you'll be able to honor boundaries and individuality in others; therefore, your relationships won't be based on power struggles, projections, or enmeshment."

Karla McLaren, MEd

Boundaries ~ Honor ~ Conviction ~ Healthy Detachment ~ Protection for All
CONSCIOUS ANGERING PRACTICE

Anger's job is to alarm of a potential violation to safety, values, boundaries, trust or needs. Anger is about protection and survival needs (food, water, shelter, and connection/purpose/love/respect).

If your boundaries are violated (intentionally or not), anger comes forward to restore strength and separateness. Ask anger, "What do I value?" and "What must be protected and restored?" Protection and restoration can occur quickly when you take 100% responsibility for your anger.

We can also get angry at ourselves, for things in the past and present. Self-anger is even more important to listen to and understand so you may learn from experiences, and realign your actions with your values, safety, priorities, and needs.



1 WHAT YOU NEED TO GET STARTED

- Use your journal or some paper and get something to write with
- A timer on your phone or clock

2 BEGIN BY SETTING TIMER AND SAY ALOUD "I'm consciously honoring and understanding my anger now."

- Ideally, set your alarm for 10 to 30 minutes each time you practice
- Tap into your feelings of anger. Anger is typically hot and activated within your heartspace, neck, shoulders and head
- Write freely about your feelings of regret, anger and rage at others, yourself, and the world (use questions on next page)

3 ALSO MAKE SURE TO ASK "What do I care about most right now?" "What are my needs?" "What has been violated?"

- We only get 'heated' and angry about things and people we VALUE and CARE ABOUT
- You may also ask what ACTIONS you can take today and there are times you will need to communicate your NEEDS

4 WHEN TIME IS UP, CLOSE WITH SOMETHING LIKE, "Thank you anger, I am wrapping up the practice now."

- At any point during your day, if you feel anger, own it and honor it. Instead of reacting to it (unless you're in real danger), practice Conscious Angering right away or schedule time later that day to practice.



"Too much, and you're a danger to everyone. Too little, and you were endangered by everyone. So I worked to find the middle path between too much anger and not enough, and I found the gifts of anger!"

Karla McLaren, MEd

USING R.E.I.N. TO PROCESS ANGER (RECOGNIZE, EMBRACE, INQUIRE, NEEDED ACTION)

Once you **RECOGNIZE** what you are angry about (could be from the past or in the present) **EMBRACE** and honor it. This is an important step, otherwise you may shame and suppress it, making it difficult to access. Suppressed anger leads to depression.

What do I care about most right now? What are my needs? Has anything been violated (boundary, value, safety, respect, trust)?

Do I have any recent frustrations, regrets, screw-ups or mistakes that I feel angry about? Allow yourself to RANT!

What is it about these regrets, screw-ups, mistakes that is important to me? Remember, we only get angry about things or people we care about.

Anger also alarms when we have unmet social connection needs (sense of purpose, feeling valued, respected, loved and cherished). Are you noticing if any of these unmet needs? What obstacles are in your way that may be blocking you from getting your connection needs met?



"Your feelings are your responsibility and you must own them and see them as yours so you can begin to find an answer to whatever issue they are pointing to. Anger is like a fire that shoots up within your heart, letting you know there's a problem to confront!"

Henry Cloud, PhD

NEEDED ACTION Sometimes, but not always, anger needs you to take corrective, restorative action.

Much like a smoke detector will alarm if it detects smoke, your anger will activate if it detects a violation to safety, values, boundaries, or to survival needs (food, water, shelter, and connection/purpose/love/respect). However, there are false alarms. Just because you feel angry, doesn't mean your house is burning down. You may just have burnt toast and thus, no need for action. How would you rate your anger right now, on a scale from 0 to 10? _____

0

Slight Anger
Subtle Violation
No Action Necessary

5

Medium Anger
Minor Violation
Plan for Action

10

Fiery Anger
Major Violation
Take Action Now

Plan for Action Examples: clearly communicating a need and solution (I need to spend more time with you, let's plan for a camping trip together!); setting a boundary (When I watch the news I get angry at people being dumb, so I am going to limit (boundary) how much I watch it and take action by becoming an active participant in my community towards political issues I care about).

Take Action Now Examples: Emergency Evacuating (leaving right away), running away, calling 911, or quitting a job on the spot.

Considering your anger rating, do you feel you need to plan or take **NEEDED ACTION**? If so, what ideas do you have?

Is there anything else you are feeling frustrated or angry about? Allow yourself to RANT! Freewrite whatever comes up.

Do you feel you need to take **NEEDED ACTION**? If not, what have you learned? If so, what ideas do you have on taking action?

LEARN MORE ABOUT BOUNDARIES (save worksheet before clicking the link): <https://www.creatingyourbalance.com/boundaries>