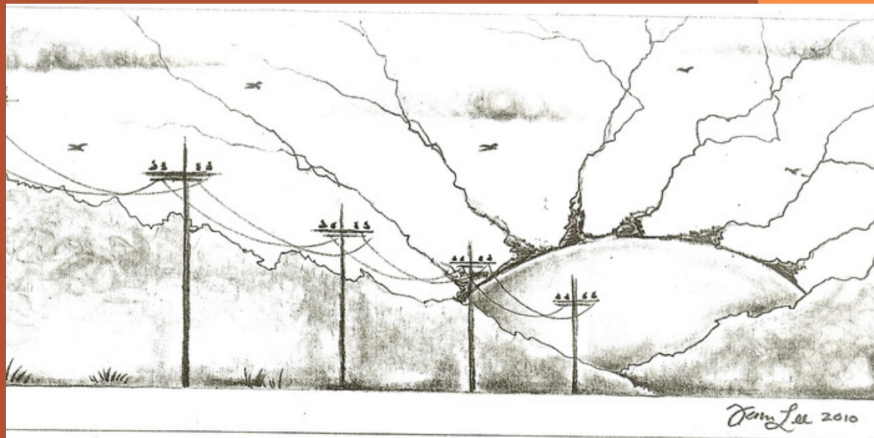


**“What exactly is anger? It’s a source of energy. It’s also a use of energy. Anger must be respected and it must be given an outlet. If not, it will turn against you.”**

Sunny, 2022



Art by Jason O

## Reflection

Where do you feel anger in your body? What kinds of signals do you get when you’re about to get angry? Scan your body from head to toe and back again and notice where you feel any tightness or pain when you think about something that angers you. Imagine these points as coils of energy. As you breathe, imagine them slowly unwinding and spreading energy, power and warmth throughout your body.

## Questions

What does anger look like to you? What does it feel like inside of you?

If you had a little monster that came out when you were angry, what would it look like? Draw a picture of your anger monster and give it a name.

What does your anger monster need to feel heard and understood? What does your anger monster want to say?

“I am using [my anger] as my energy, my motivation. instead of letting it destroy me. I think **anger and love** are the two most **powerful emotions**. Both have motivated people to do great things, to make major changes, to become stronger, better.”

R, 2000

## Reflection

Give yourself two seconds to consider everything you know before acting. [You are always] just two seconds away from determining the outcome of your life. Two seconds can bring peace or situations we regret for the rest of our lives. Allow those two seconds to keep yourself true to your heart; the heart can give all of our lives a chance. -Jarvis, 2012



## Questions

When was a time anger gave you the energy you needed to do something good for yourself or others?

When you get angry today, take a deep breath, count to two, and send love to the world. At the end of the day, reflect on how this made you feel.



Art by Tad P.

**“ I need to let go of my anger. I need to unlearn the things I learned as a kid...I’m wasting more energy harboring anger than I am overcoming it.”**

Michael, 2023

### Reflection

Think of something that makes you angry that you would like to let go. Imagine holding it in your hand. Then clench your fist tightly and hold that tension for 5 seconds. Now, let go of that tension and slowly open your hand one finger at a time. Let this anger fly away. Breathe in a sense of space. Breathe out peace.

### Questions

What did you learn about anger as a child? How did this shape you?

What have you taught your loved ones about anger?

What would you like to teach them in the future?

What is the most important lesson you’ve learned about anger you want to share with others?

**“I realized that the power  
my anger has is only what  
I fuel it with. I have  
learned to forgive the  
ones who have harmed  
me and forgive myself for  
the harm I caused.”**

Waylon, 2012

## Reflection

When you feel sad, scared, hurt or ashamed, these feelings can easily turn into anger. What if you used the fuel from these feelings to turn into a protective force to help you and others? As you breathe deeply in and out, imagine the energy within you as a source of protection. Set an intention to lovingly protect yourself and others today.

## Questions

When was a time you protected someone from harm? When was a time someone protected you?

If you had a guardian angel, who would it be? What would they look like? What is their name?

Write a story about your guardian angel.



Art by Lindsay R