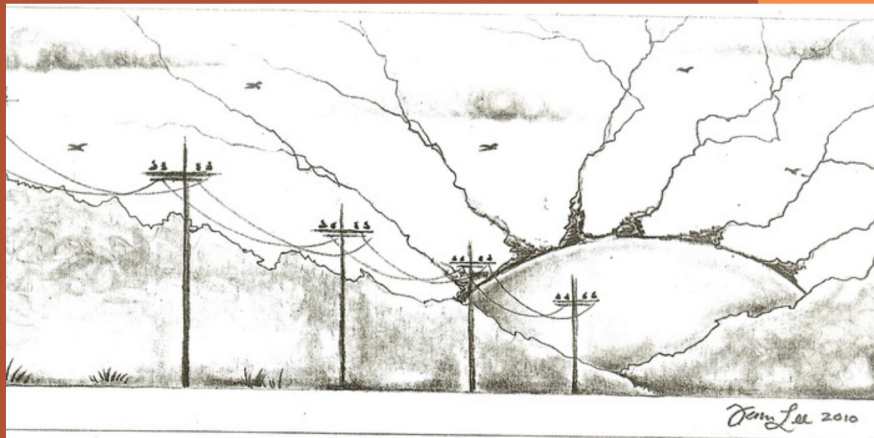


**“What exactly is anger? It’s a source of energy. It’s also a use of energy. Anger must be respected and it must be given an outlet. If not, it will turn against you.”**

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?