



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?