

ACCEPT THE ANGER WORKSHEET

Think of a reoccurring or stressful trigger (Person, Place or Thing). A trigger that is reliably stressful even though it may have only happened one time. This is a story that is reincarnated in your mind.

In this first question, we are going to discover (what or who) was your trigger that caused YOU to react.

Question 1: In THIS moment, who/what TRIGGERED me to feel Angry, Pissed Off, Sad, Disappointed, and Why?

Answer 1: In THIS moment, _____ (enter the name of person, place, or thing that caused the trigger) has TRIGGERED me to feel _____ (what emotion you are feeling) because _____ (the WHY or ACTION by the trigger).

Example: GREG has triggered me to feel **ANGRY & HURT** because **GREG DID NOT INVITE ME TO HIS BIRTHDAY PARTY** even though he invited the rest of our mutual friends. I feel left out, lonely and confused. I hate what I feel because of Greg.

*We are going to **PATTERN INTERRUPT** our story by answering question #1 in writing. Instead of going on our thought-tangent party and adding more layers to the story, we **STOP IT IN IT'S TRACKS!**

NOW, TIME FOR QUESTIONS AND INVESTIGATION

Disclaimer: This next section is NOT a time to get offended at words or censor yourself based on language, feelings, energy, or vulgarity. This is a **PURGE**. What comes up is coming to **GO**. You are getting well!

Remember: This work will ONLY be seen by you. This is your inner dimensional work to heal your outer world. It is Authentic and RAW. The examples I use are vulgar, but give you the permission to feel whatever the HELL you feel, and think whatever the HELL you think!

Own it and Go For It!

It is time to be **AUTHENTIC** and release any repressed feelings. Don't hold back or be formal. Don't try to follow ideals or let any dogma hold you back. If you feel like you want to "**shoot them in the face and shit down their neck,**" Write it out! Don't judge it, just release it so you can heal, learn, and grow. This is so the energy can dissipate! If you can't **GET** these thoughts or feelings out based on societal norms or beliefs, then we can't bring them to the light. If we can't bring them to the light, we can't break through the night. If we can't break through the night, we won't ascend to our most elevated height!

Question 2: In this moment (with my authentic thoughts and feelings), if I could SCREAM at this (Person, Place or Thing), what would I say?

EXAMPLE: Greg, you are a fucking bitch! After all I have done for YOU including: Letting you stay with me when you had nowhere to go, the times I gave you money, and the times I listened to you for hours on the phone bitching about your problems, I feel like you used me. You are a fucking self-absorbed, gold digging piece of shit!



Some of you are going to be a bit freaked out by the vulgarity, (like Fuck and Shit statements), and you will attempt to CENSOR yourself by saying that F*&^er, instead of fucker etc. DON'T! To heal and elevate, you must allow the heavy energy to express itself as it comes out without censoring it. Trust the process and authentically let it all out.

*****CHECK IN*****

When you are writing this down, you may feel the same feelings as if it is happening NOW. Let it happen because it is STILL IN YOU. TIME TO LET IT OUT. Remember, just because you are feeling or thinking of something, does NOT mean you are going to DO IT! Think of this like food poisoning. You don't just purge a little to heal, you have to let it all come out, and then you will feel better.

Question 3: In this moment, if I could FORCE this (Person, Place or Thing), to think, say, feel, or do anything differently, what would it be?

(write down the action or what I desire to be different).

Example: I would force Greg to admit he has fucked up. That he is losing trust with me and thinks about himself, and not about people who have had his back. I would force him to admit it in front of everyone!

Question 4: In this moment with NO FILTER nor constraint, what do I truly feel or think about this (Individual, Situation or Place)?

Answer 4: In this moment, _____ (Name of person, place or thing) is _____ (make a list)

Example: Greg is a fake piece of shit! He lies and plays games to get what he wants while using people for his gain. He has crossed the line for the last time, and I want him out of my life forever!

I know you may be saying, "Wow, that is a lot of energy for not being invited to a party." Remember, this is about you FEELING the energy and expressing on paper to bring it to light. Pent up energy does not disappear. It builds and becomes a block, rage, or worse...disease! Now remember, Greg has NO idea what I am dealing with. This is ME dealing with ME and my THINKING and FEELINGS! The "other," is not the reason.

A great yogi Teacher of mine said, "We all have a unhealthy seed inside of us that is waiting to grow." "When the right weather pattern occurs (rain), the seed takes root. We tend to blame the weather and don't realize the seed was within us." This work is not about ANYONE other than US!

Question 5: At this moment, what is it that I don't ever want to experience in the future with this (person, place or thing)?

Answer 5: I don't ever want to experience _____ (make the list of what you don't want to experience)

Example: I don't ever want to deal with someone who is two-faced, lies, uses me, and acts like a great friend only to find out they don't really give a shit about me. I am done with the bullshit!

Each human being has a dark side. The yin-yang. The up-down. This is duality. In the book, The Dark Side of Light Chasers, author Debbie Ford shares, "It is only when we have the courage to face things exactly as they are, without any self-deception or illusion, that a light will develop out of events, by which the path to success may be recognized."



I say, what we Resist Persists!

Question 6: At this moment, if I had to put all my feelings into one singular trigger statement, what would it be?

Answer 6: _____ (Name the trigger) should/shouldn't _____ (describe the advice we would give this person, place or thing)

Example: *Greg should hold a higher standard in his friendships, honor people who are in his life, and be real/authentic by telling the truth!*

Synopsis:

1. **TRIGGER:** We all have triggers. The trigger is the (EVENT) or (WEATHER PATTERN), that causes our seed to take root. The seed was already in us. The trigger was just moving through and it could come from anyone or anything. Sometimes, the trigger is YOU. Maybe sometimes it is a GROUP. It could also be a THING or a PLACE. Once you determine what it is, then you can shed light onto it.
2. **EXPRESSION:** We have been conditioned to show up in life with repressed thoughts and feelings. Some are considered "OK," and others are not. When you allow yourself to feel without censorship, you might just find you have more anger and rage inside of you than you even knew. IT IS OK! This is your time to release it. Energy just wants to return to source and flow, and not be blocked. By letting it out, it will cease to live in your mind/body.
3. **RELEASE:** It has been said, "An eye can't see itself." This holds deep meaning. If you are holding in anger and rage, you can't see it. Once it is out and on paper, you can see it, and then begin to gain clarity (as it is in the light)!
4. **CLARITY:** You will find that one clear and concise sentence will hold your trigger and feelings around the event.

