

PROCESSING

ANGER



journaling prompts
protocols & rituals
acupressure

PROCESSING ANGER



- What is the root of my anger, and how has it been impacting me emotionally, physically, and mentally? (Take a deep dive into what specifically is fueling your anger—whether it's betrayal, unspoken expectations, or unresolved hurt—and explore how it's affecting your whole being.)
- What unmet needs or desires do I feel were not honored in this relationship, and how can I begin to give those to myself? (Reflect on the ways your emotional needs may have been neglected and brainstorm ways to nurture and fulfill them within yourself.)
- How has this anger been protecting me, and how can I gently release it to make space for peace?
- What messages or beliefs about love and relationships do I need to unlearn in order to free myself from this anger? (Consider any patterns or limiting beliefs about love that have been contributing to your anger, and how letting go of them can bring healing.)
- How can I turn this anger into an opportunity for growth, healing, and reclaiming my personal power? (Reflect on how this emotional experience can fuel your journey toward self-discovery, empowerment, and personal growth.)

RELEASING ANGER



PROTOCOL ONE

Breathwork and Deep Breathing

Ritual/Protocol:

One of the most effective ways to release anger is through intentional breathwork. Anger can cause tightness in the body and shallow breathing. Deep, conscious breathing can help shift that energy especially while pressing right under you last ribs from both sides (anger tends to get stored there often).

How to practice:

- Sit or lie down comfortably.
- Take a deep breath in through your nose for 4 counts, hold for 4, and then exhale slowly through your mouth for 6-8 counts.
- Repeat for 5-10 minutes, focusing on the rhythm of your breath, allowing the anger to be released with each exhale.

Healing benefit:

Breathwork activates the parasympathetic nervous system, calming your body and mind, and helping to dissolve the intensity of anger.

RELEASING ANGER



PROTOCOL TWO

Burning Anger Away (Fire Ceremony)

Ritual/Protocol:

The element of fire is powerful for releasing negative emotions and transforming them. A fire ceremony can be a beautiful way to symbolically burn away the anger and make space for healing.

How to practice:

- Write down your anger on a piece of paper—this could be about a person, a situation, or even anger toward yourself.
- Light a candle or create a safe, small fire.
- Hold the paper in your hands (with care) and focus on the anger you wish to release.
- As you feel ready, burn the paper, watching it turn to ash. Visualize the anger dissolving with the smoke, leaving you lighter and more at peace.

Healing benefit:

Fire symbolizes transformation in many spiritual traditions, and burning the paper serves as a symbolic release, turning anger into healing energy.

RELEASING ANGER



PROTOCOL THREE

Grounding and Earthing

Ritual/Protocol:

When you're feeling angry, grounding yourself to the earth can help you reconnect to a sense of stability and calm. This practice involves connecting physically to the earth to help release excess energy.

How to practice:

- Go outside, and if possible, stand barefoot on the grass, soil, or even sand.
- Close your eyes and take slow, deep breaths. As you breathe, imagine any anger you're holding being absorbed by the earth, grounding you and releasing the tension.
- Focus on the sensation of your feet connecting to the earth, and visualize the energy of anger draining from your body and being transformed by the earth.

Healing benefit:

Grounding helps to calm your energy and emotions, promoting a sense of stability, connection, and peace.

RELEASING ANGER



PROTOCOL FOUR

Affirmations and Visualization

Ritual/Protocol:

Using affirmations can help shift your mindset and release anger by changing negative thought patterns. When paired with visualization, it can be a powerful tool for healing.

How to practice:

- Find a quiet space and sit comfortably.
- Close your eyes, take a deep breath, and visualize the anger as a dark cloud or energy within your body.
- As you breathe deeply, recite affirmations such as:
- "I release all anger and choose peace."
- "I am free from the past, and I let go of all negative emotions."
- "I allow forgiveness and healing to flow through me."
- Imagine the dark energy of anger dissolving, being replaced by a warm, light energy of peace and love.

Healing benefit:

Positive affirmations and visualization work together to reprogram your subconscious mind, helping you let go of anger and replace it with calm, loving energy.

RELEASING ANGER



PROTOCOL FIVE

Movement and Sound Healing

Ritual/Protocol:

Sometimes, anger needs to be physically expressed and released. Using movement and sound can help break up the stagnant energy and release it from your body.

How to practice:

- Put on music that resonates with you (either something cathartic and intense or calming, depending on what you feel you need).
- Allow your body to move freely. This could be dancing, shaking, or even stomping your feet. Let your body express the anger through movement.
- You can also use sound healing by making sounds like sighing, yelling into a pillow, or drumming. The vibrations from sound help release trapped energy and emotions.
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Healing benefit:

Movement and sound help release pent-up energy and emotions in a safe, cathartic way, allowing the body to process anger physically and energetically.

RELEASING ANGER



ACUPRESSURE

Acupressure can be incredibly effective in releasing stored emotions, including anger.

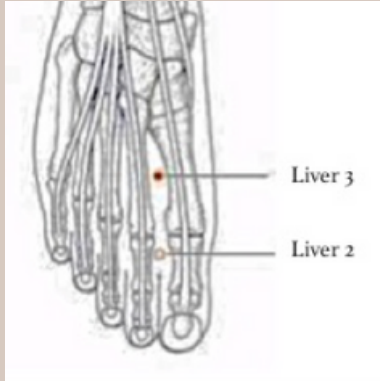
- Always apply pressure gently at first, and gradually increase if needed. You should never feel pain.
- While working on these points, focus on your breathing—deep, slow breaths will enhance the effectiveness of the acupressure.
- You can use these points as part of a regular routine to maintain emotional balance.

These acupressure points given here can be incredibly powerful for releasing anger and restoring emotional harmony

RELEASING ANGER



ACUPRESSURE



1. Liver 3 (LV3) - "Great Rushing"

Location:

This point is located on the top of your foot, in the webbing between your big toe and second toe. To find it, place your finger between the two toes, and you'll feel a small depression where the point is.

How to use it:

Apply gentle pressure with your thumb or finger for 1-3 minutes while taking deep breaths. You can also massage the area in small circles.

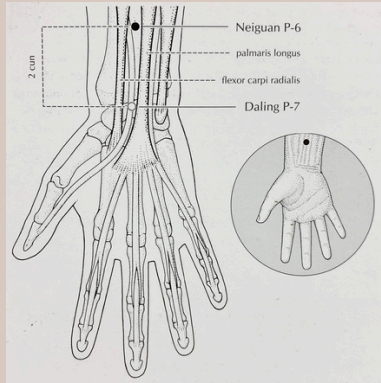
Healing Benefit:

The Liver is associated with anger in Traditional Chinese Medicine, and this point helps to regulate the liver's energy, calm anger, and promote emotional balance.

RELEASING ANGER



ACUPRESSURE



2. Pericardium 6 (PC6) - "Inner Gate"

Location:

This point is located on your inner forearm, about two to three finger widths above your wrist crease, between the two tendons.

How to use it:

Use your thumb and index finger to apply gentle pressure or massage this point for a few minutes while breathing deeply.

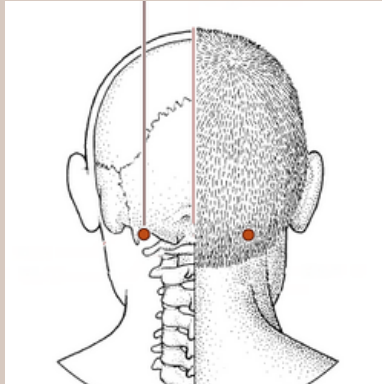
Healing Benefit:

This point is known to calm the heart and mind, and it's great for releasing emotional tension and calming the energy when you feel overwhelmed by anger or stress.

RELEASING ANGER



ACUPRESSURE



3. Gallbladder 20 (GB20) - "Wind Pool"

Location:

This point is located at the base of the skull, in the hollows on either side of the neck, just below the skull bone (where the neck meets the skull).

How to use it:

Use your thumbs to gently press and massage the points for 1-2 minutes on each side.

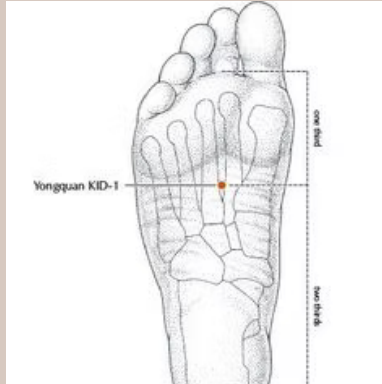
Healing Benefit:

GB20 helps release tension in the head and neck, which can be linked to stress and anger. It also helps to calm the nervous system, reduce irritability, and promote emotional clarity.

RELEASING ANGER



ACUPRESSURE



4. Kidney 1 (KD1) - "Bubbling Spring"

Location:

This point is located on the sole of your foot, in the depression that is roughly in the center of your foot, just below the ball of the foot.

How to use it:

Apply gentle pressure or use your thumb to massage the point for several minutes on both feet. You can do this while sitting comfortably or lying down.

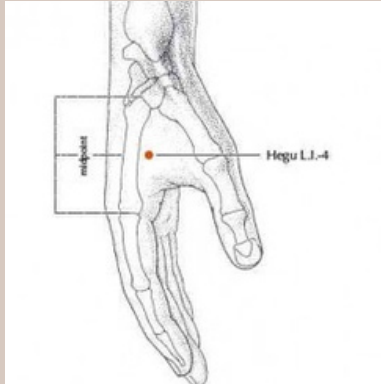
Healing Benefit:

KD1 is the point that connects you to the Earth element and helps to ground excess energy. It's especially helpful when you feel unbalanced or emotionally charged, like when anger takes over.

RELEASING ANGER



ACUPRESSURE



5. Hegu (LI4) - "Joining Valley"

Location:

This point is located on the back of your hand, in the webbing between your thumb and index finger.

How to use it:

Apply firm pressure with your opposite thumb for about 1-3 minutes on each hand. You can also massage in a circular motion to enhance the release.

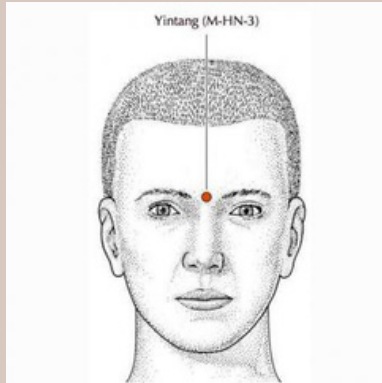
Healing Benefit:

LI4 is an important acupressure point for relieving pain, stress, and emotional tension. It's particularly useful for clearing energetic blockages caused by anger and frustration.

RELEASING ANGER



ACUPRESSURE



6. Third Eye Point (Yintang)

Location:

Located between your eyebrows, right at the midpoint of your forehead.

How to use it:

Gently apply pressure with your fingertips or massage in a circular motion for a few minutes while focusing on your breath.

Healing Benefit:

This point is associated with calming the mind, relieving stress, and soothing emotional tension, including anger. It's often used to help center and ground your energy.