

THE PRINCIPLES OF ANGER

- ☯ ANGER WANTS TO MOVE AND AFFECT CHANGE (Wood energy is a dynamic unstoppable force for action)
- ☯ ANGER NEEDS SPACE TO MOVE (When force meets an obstacle the energy will build up until it bursts through)
- ☯ ANGER IS A CATALYST - IT SIGNALS THE NEED FOR CHANGE AND ACTION (Ask yourself: "what is this anger signaling?")
- ☯ FEELING ANGER IDENTIFIES A PROBLEM, VENTING ANGER DOES NOT NECESSARILY SOLVE IT (Venting anger may serve to maintain or even rigidify old rules and patterns)
- ☯ ANGER DOES NOT NEED TO EQUATE DEFENSIVENESS OR ATTACK (Learning Non-Violent Communication skills will help to define and express your own self and the terms of your life more clearly)
- ☯ ANGER THAT DOES NOT FLOW FREELY TENDS TO LODGE IN THE LIVER
- ☯ NOTHING WILL BLOCK THE AWARENESS OF ANGER SO EFFECTIVELY AS GUILT AND SELF-DOUBT
- ☯ USE ANGER TO QUESTION AND DEFINE WHAT IS RIGHT AND APPROPRIATE FOR YOUR LIFE (What needs changing, what am I afraid to change?)
- ☯ LEARN TO USE ANGER AS A STARTING POINT TO CHANGE PATTERNS RATHER THAN TO BLAME OTHERS

Largely Adapted from The Dance of Anger, Harriet Goldhor Lerner, PhD.