

Rip It Up!

Try this:

Use a piece of paper to write/scribble/draw your anger, then screw it up or shred it into tiny pieces and throw it away in the bin or even burn it – discarding your anger with the paper. You can repeat this as many times as you like, whenever you recognize these strong feelings welling up inside you.

Anger is a powerful emotion; you shouldn't deny your anger if that's how you feel but it can leave us fired up and if not directed in safe way, it can cause harm to ourselves and others.

By finding a way to release this highly-charged energy, you are likely to find there are other emotions behind it and it's those which you may find more helpful to explore.

