



Anger Release Alternatives

Clearing Anger/Release Options

Here are several Cathartic release exercises you can use. Try them one after the other until you feel there is NOTHING left to express and you are left with space and presence in you i.e. no more anger/sadness/rage/fear/despair/anything – just space and awareness

START BY WRITING THIS:

What I am willing and ready to clear:

What I want to completely let go of is:

NOW, try these alternative exercises on for size:

Anger Exercise Alternative 1

- Get a pack of 20 balloons and blow them up
- Play hardcore music and rant and rage whilst writing with a black marker pen all the hateful things you hate about the person all over the balloons
- One at a time, pop them whilst raging and stamp on them

Anger Exercise Alternative 2

- Get a piece of canvas
- Get some paint and paint ANGRILY whilst ranting on the canvas
- Make a visual expression of what is going on in your mind in the canvas
- Then stab the painting dead or set it alight and watch it burn

Anger Exercise Alternative 3

- Get some rolls of toilet paper

- Put on hardcore metal music and write on the toilet paper all the hateful things you hate about the person on the toilet paper – rant and rage whilst doing so
- When done, flush it down the toilet

Anger Exercise Alternative 4

If still angry, write what you are still angry about on paper and rip it up into tiny tiny pieces and burn it

Anger Exercise Alternative 5

If still angry, take a chunk of meat and tenderize it with a meat tenderizer until it is totally flat and deader than dead

Anger Exercise Alternative 6

If still angry, get bubble-wrap and stamp on it with your foot to hear the explosion

Anger Exercise Alternative 7

If still angry, take glass bottles to a recycling place and smash them into a recycling box

ONLY STOP when you have no more anger left and then do the exercise below

CLEARING PROCESS

I hereby release the following obstacles:

I let go of the following disempowering beliefs:

I let go of the following disempowering behaviours:

I let go of these disempowering relationships:

What I want to say to the person I was angry with is:

I let go of the following undelivered communications to others:

I release attachment to the following people and any of their power over me:

I release the following unresolved relationship issues:

I release attachment to the following situations and any of their power over me:

I release the following incomplete projects:

I release attachment to the following expectations I cannot control:

I release attachment to the following outcomes I cannot control:

I forgive my higher power for:

I forgive [insert name] for:

I forgive myself for:

I am grateful for the lessons I've learned as a result of the above. They have helped me to be a stronger and better person.

I formally release everything I have written and sign it over to a higher power to be completely cleared from my body, mind & spirit right now.

I formally release everything else with this clearing ritual that I may have forgotten or left out and hand it all over to my higher power to release fully on my behalf without the need to specify anything else that could be consciously or subconsciously holding me back from owning my power, owning my greatness and sharing my gifts and talents with the world right now.

Name (signed)

Date