



F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



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Journaling Questions and Exercises for Lesson 6

ANGER Regarding Your Sense of Self and Physical Self

Anger can be a little tricky when it comes to your sense of self and physical self. It just isn't that often that you are going to notice that you are angry with yourself or toward your physical self, unless it is a dire circumstance. Yet, anger does come in and out of your life at smaller doses as you continue to evolve. You don't want to miss out on the opportunity to claim the amazing gift of owning more of your power. Below are some questions to journal about regarding anger and your sense of self. Some of these may be challenging. Don't worry if you don't get them right away. Come back to them when you feel anger within festering and see what response you get at that point.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

1. Have I experienced recurring sadness in my life regarding the same theme or topic? If so, has anger come out as well?

A) If yes, what was that anger about? Was there a something that you were guided to do but felt too fearful to act?

B) If no, ask your essence if it is tired about the sadness over that topic/theme and ask how your spirit would like you to act instead.

2. What is your fear about your anger in particular? In what ways can you assimilate those aspects of yourself as a positive part of your being? What are those aspects trying to tell you from the voice of love?

3. From the standpoint of your anger, how could you honor yourself more? What does your anger want you to do to demonstrate this in your life? Ask if you are willing to follow this guidance by a set date.

Journaling Questions to Ask When You are Mistreating Your Body:

1. How am I not valuing myself currently?

2. What false beliefs am I buying into that is making me feel like I lack power in some way or form?

3. How can I be with my body that reflects the personal power I feel within me.

The exercises are designed for you to get comfortable with your anger and your power. When you feel restless, tired and bored, it is likely that anger exists within you and wants to surface. These exercises can support you to get to the missing element that you are not aware of. Sometimes you will get the insight instantly and other times it may take a few hours for the insight to show up. The important piece is to not do these exercises to get rid of your anger. Rather you engage in these exercises to honor your anger to serve and support you. Once you understand or take action on the guidance offered, the anger dissipates on its own.

#1 Do What Makes You Feel Powerful –What activity makes you feel like you've got the power? (I do power kicks around the house to express when I feel in my power). Then ask yourself how you want to consciously channel that power more toward your life

and say it out loud as you engage in that activity.

#2 Throw a Tantrum- when you feel like anger exists but you just can't get it out, let the cells of your body begin the release by punching or kicking a pillow, screaming and moving the energy out of your body. Allow the energy to release then immediately journal.

#3 Express Your Anger Symbolically –sometimes it may be too difficult to see why you are upset with yourself. When you feel anger is within you, ask your essence to represent what the anger is about for you visually. Examine what you created and ask your spirit throughout and after the process what this represents for you.

You are doing amazing work!

I am so happy to share this information with you!

Michelle