



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



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Journaling Questions and Exercises for Lesson 7

ANGER Regarding Your Relationships and Career

Anger is more present when it comes to relationships and career. In fact, as you saw from my video, I believe anger is a good sign for you if your relationships or career aren't going as you would like. Rather than staying stuck in sadness, you want your essence to feel that you will stick up for your highest self. Not feeling anger when things aren't going well is not a good sign.

Below are a few questions that pertain to relationships to support you to recognize your anger and support you to shift to feel your anger as love.

(Remember when you journal in regard to relationships, you will often hear the ego first which in this case will likely make you a victim. Allow that story to be heard and restate the question to your essence to respond.)

1. Name a relationship in which you feel you are tolerating behavior that doesn't feel good to you. This may be an intimate relationship, friend or someone in your family – including your kids!

2. When you get angry, what usually happens? Do you act from your ego, dismiss/bite your tongue and how do you feel about your actions?

A. If you react from your ego, where someone feels that they got their head bit off, ask yourself why you feel powerless in that moment? How would your essence want you to handle the situation

instead?

B. If you bite your tongue or dismiss your anger, what is it that you fear by addressing how you feel? How would your inner wisdom want you to respond? What would it say?

3. In what way does your spirit need greater protection, respect or treatment in your relationships?

4. Can you lovingly state your spirit's needs without coming from a victim standpoint?

5. If you feel like a victim, ask your essence what choice you have that will give you back your power from the standpoint of love.

Journaling Questions to Ask Regarding Anger and Your Career/Work

1. Do I feel honored and valued for my work?

2. Do I feel capable of creating boundaries with my work that will support me to function at my best capacity?

If no, look for the victim story. Again, it isn't that the victim story isn't true. Those facts are true. You become a victim based on how you react to those facts if you allow the facts to take away all of your power.

3. Do I engage in passive-aggressive behavior toward my job or work because a part of me feels unsatisfied? What would my spirit like me to do instead?

4. Ask you essence what your power looks like toward your work. What step can you take this week to more fully honor the power

within you when it comes to your work?

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 to 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 Create a new image of your boundary – Draw, make out of objects or visualize a healthy representation of what your boundary looks like. Make sure it represents loving protection that supports and honors your essence. Imagine utilizing that protection when it comes to a challenging relationship or job and notice the difference in how you feel. Bring that image forward when anger arises.

#2 Make a Boundary Chart- Make a chart with 3 columns. In the first column label it “Desired Energy” write out what you would like to have more energy to put toward in your life. In the second column label it as “Energy Leaks” and write down where your essence feels too much of your energy is leaked out toward. Third column is labeled “Action.” In that column write down what action you need to take to correct energy leaks. What boundaries can be created or enhanced? How can you use your anger to support you to make this happen rather than blow off what your essence truly needs?

#3 Choose a Power Day – Pick a day this week in which you are willing to claim your power throughout the day toward your work and your relationships. For that day, be willing to express your desires, feelings, thoughts and concerns in a way that feels good and right to your essence. (REMEMBER - This isn't about your ego going off on anyone. Your essence's power is about lovingly taking a stance for you!) Note how it felt for you to stand in your power, if

there were moments you felt uncomfortable and what that was about for you. Did you like the outcome? Last but not least, what prevents me from exerting more of my power in relationships or work more often? What will support me to express this power with greater ease?

I am so excited for you to be learning this lesson. Please share any stories that occur as you apply these lessons to your life! Your shifts are important to acknowledge no matter how big or small and others can always learn from them – so please share!! You can email them at support@michellebersell.com

Wishing you continued blessings on this mastery journey!

Michelle