

The Angry Page

■ Objective

This exercise allows people the space to express some of their anger safely on paper. One major objective of this exercise is, therefore, to educate people about the importance of expressing their anger in safe ways as opposed to keeping it inside or swallowing it, which can be damaging both physically and emotionally; or acting it out in ways which are harmful to self and others. A short 'emotional literacy' introduction about anger is an important prelude to this exercise.

■ Instructions

Think of someone with whom you feel very angry. It may be someone who is affecting your life now, or someone that you haven't seen for years, or even someone who is dead, but for whom you think you are carrying around a lot of anger in your body and mind. Then, keeping this person in mind, fill in this 'Angry Page'.

If you don't want to fill in some of the sections, leave them blank. That's fine.

■ Development

Education

An educator may explore, with a participant or group, ways of expressing anger which do not hurt self or others, and which help to maintain physical and mental health; that is, where the angry energy is expressed in safe ways, for example by tearing up telephone directories or cardboard boxes, hitting cushions, bursting balloons,

shouting at a wall, throwing stones into the sea. Unhealthy ways of dealing with anger can also be explored. Research can be referred to which specifically highlights the possible physiological damage arising from swallowing anger. Similarly, there may be discussion of the effects of societal ignorance about how to deal with anger in a healthy, conscious manner, drawing on historical events, where ignorance has led to the devastation of whole nations.

Therapy only

The 'Angry Page' exercise can be used effectively in a therapeutic setting with people who are holding back a lot of anger, but who are not yet ready or not prepared to do any other 'experiment' or exercise involving catharsis. If, however, a participant is ready, a therapist may use this exercise as a starting point for anger work, and then take the energy resulting from doing the 'Angry Page' into more physical forms of catharsis.

Recommended texts

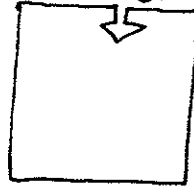
Bach and Wyden 1970; Huxley 1963; Rubin 1969.

Angry Page

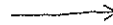
Say what you want to say to them and never did - here.



Spit here.



Draw what you'd like to do with the person you are angry with here.

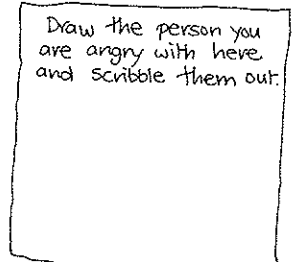


Rub some food or dirt in their face here after you have drawn it.

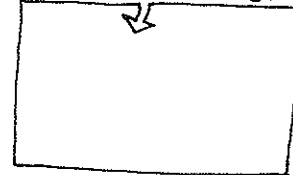


Tear this bit off, having drawn the person you are angry with and do what you want with the screwed up bit of paper.

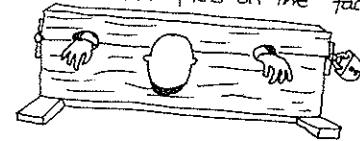
Call the person all the names you want to here.



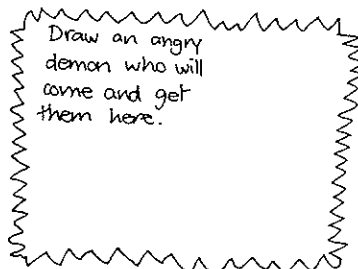
Scribble HARD here.



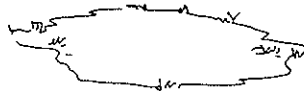
Put the person in these stocks and draw tomatoes, rotten apples and custard pies on the face.



Draw them and poke a hole through the paper where their face was.



Draw people you want to throw into this murky pond here.



Draw the person here and Stamp on this bit of paper



If you want to cut out you and your friend and tell your friend all the unfair and horrid things that have happened to you.

Draw and colour them to look like you and a friend.

