

USING ANGER FOR GOOD

Unlocking Mindful Awareness to Live Your Best Life

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AGENDA



Emotions



Awareness



Boundaries



Emotions

WHAT ARE EMOTIONS?

- Subjective Response

personal interpretation of emotions

- Physiological Response

involuntary body response to emotions

- Behavioral Response

expression of emotions

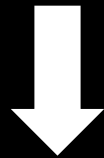


SUBJECTIVE: WHY CAN'T I FEEL?

Alexithymia

“no words for emotions”

- Focus on external experiences

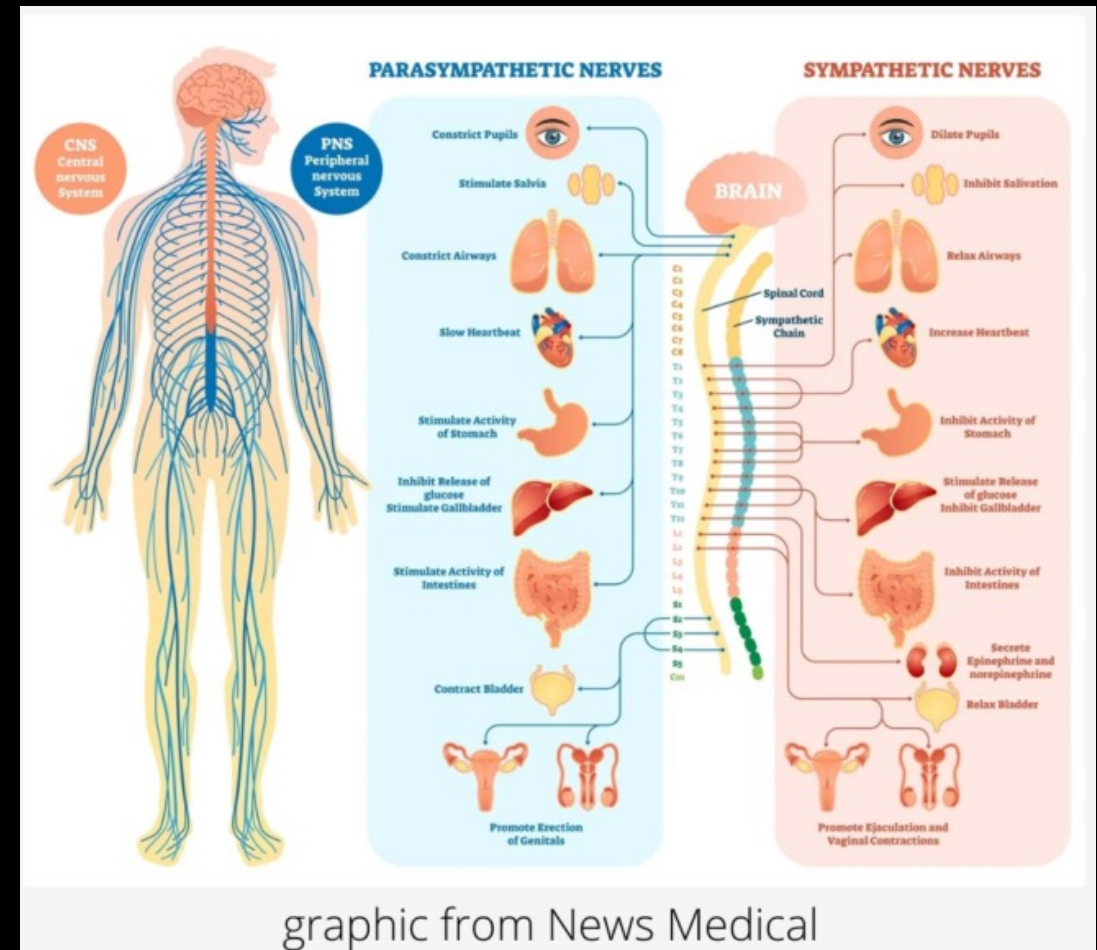


- We Don't Trust What We Feel
- Feel Extremes, mostly “meh”
- Overwhelm or Dissociation associated with internal experiences

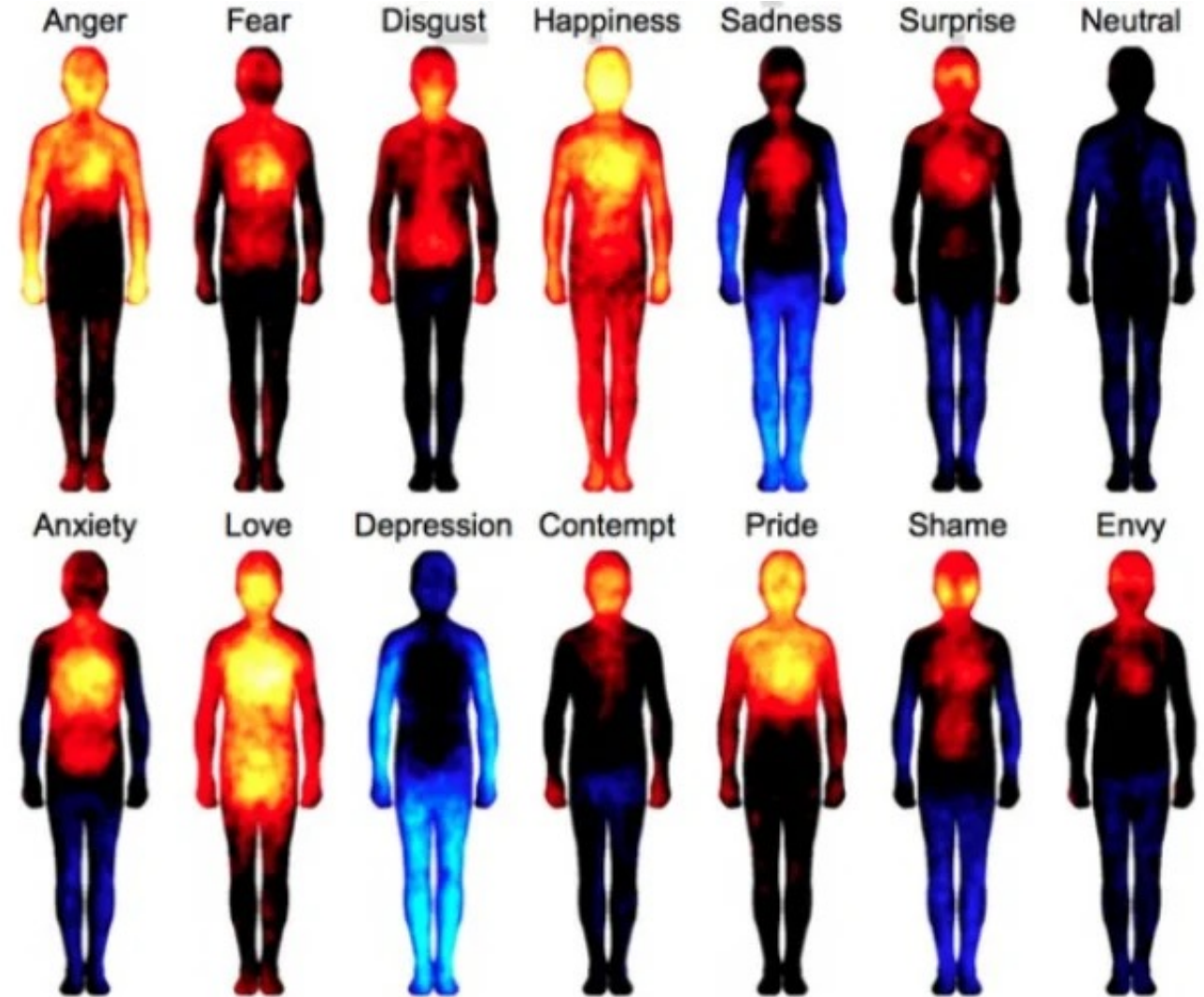


PHYSIOLOGICAL: POLYVAGAL THEORY

- Sympathetic Nervous System
 - Fight or Flight (or Freeze & Fawn)
 - Release of Stress Hormones
 - Relaxed Airways & Bladder
 - Increased Heart Rate
 - Slowing of Reproductive & GI Processes
- Activated Amygdala
 - decrease in executive function skills: reason, logic, language



WHERE DO YOU FEEL IT IN YOUR BODY?





Awareness

the anger iceberg

anger

fear disgust frustration
loneliness stress grief
exhaustion rejection envy
hurt shame scared
depression helplessness
worry embarrassment
anxiety uncertainty
disappointment
disrespect

@KZ_therapy

Am I Feeling a
Primary Or
Secondary
Emotion?

INCREASING AWARENESS

Mindfulness

Focusing awareness on the present moment and experiences

- Feelings
- Thoughts
- Bodily Sensations

Grounding

Staying in the present moment

- Resisting emotional reaction
- Preventing runaway thoughts
- Using body cues to meet sensory needs

GROUNDING TECHNIQUES

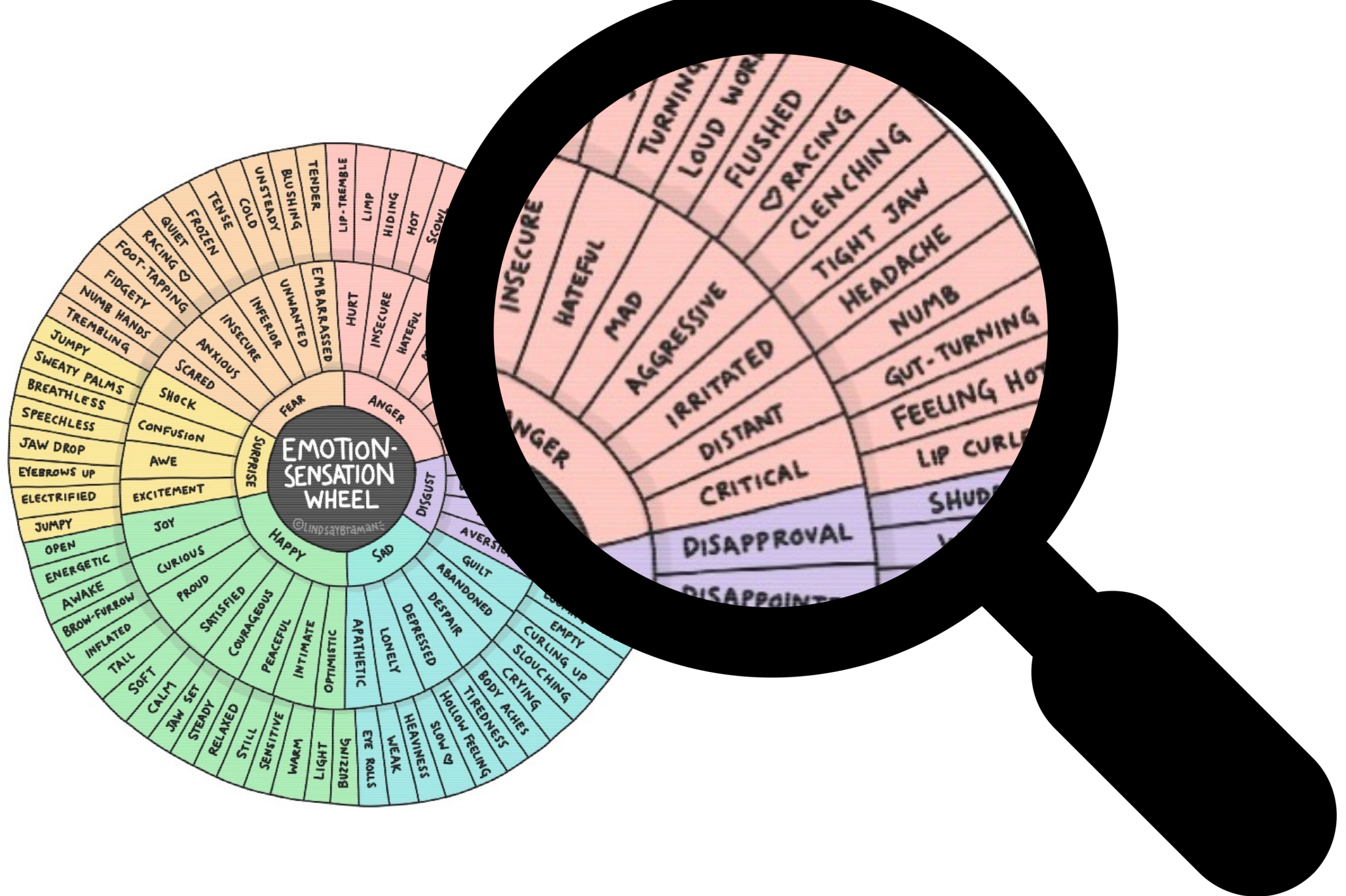


- Mammalian Dive Reflex
- Breathing
- Feet on Floor
- Body Scan
- Ice Cubes
- 5, 4, 3, 2, 1 :
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

MINDFULNESS TECHNIQUES

- Meditation
- Self Check-in: body/emotions
- Use Senses to Observe an Object
- Movement
 - Walking
 - Yoga
 - Qigong
- Breathing
 - Belly
 - Alternate Nostril





Emotion-Sensation Wheel by Lindsay Braman



Boundaries

WHAT ARE BOUNDARIES?

- Perimeters that Protect Needs & Values
- Expectations for Health & Safety

Types of Boundaries

- Porous – weak & poorly expressed
- Rigid – inflexible & isolating
- Healthy

HEALTHY BOUNDARIES

- Clear
- "No"
- Comfortable
- Respectful
- Able to Share Yourself



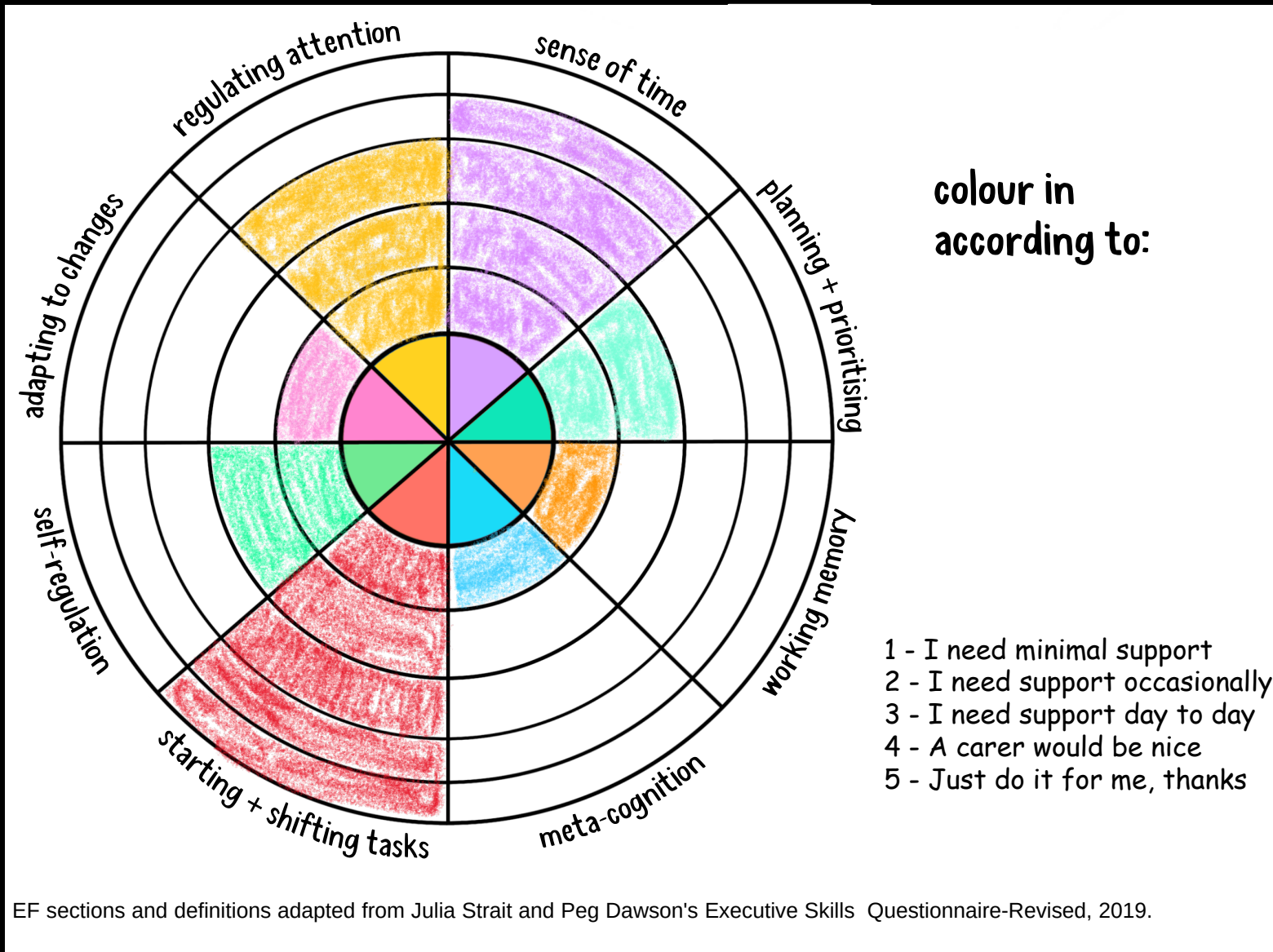
WHY ARE HEALTHY BOUNDARIES IMPORTANT?

- Burnout
- Resentment
- Frustration
- Anger
- Hostility
- Superhero Syndrome
- Anxiety
- Depression
- Loan money you don't have
- Offer unhelpful & unneeded advice
- Dependent on feedback from others
- Overshare
- No time for yourself
- Allow others to disrespect you
- Do things you don't like
- People Pleaser
- Lonely

WHAT ARE YOUR CORE VALUES?

- When have you been most proud of yourself?
- What energizes you?
- Who do you look up to? Why?
- What do you want to accomplish?
- What do you love?
- What can't you stand?
- Reflect on your favorite memories... what is the overall theme of those events?





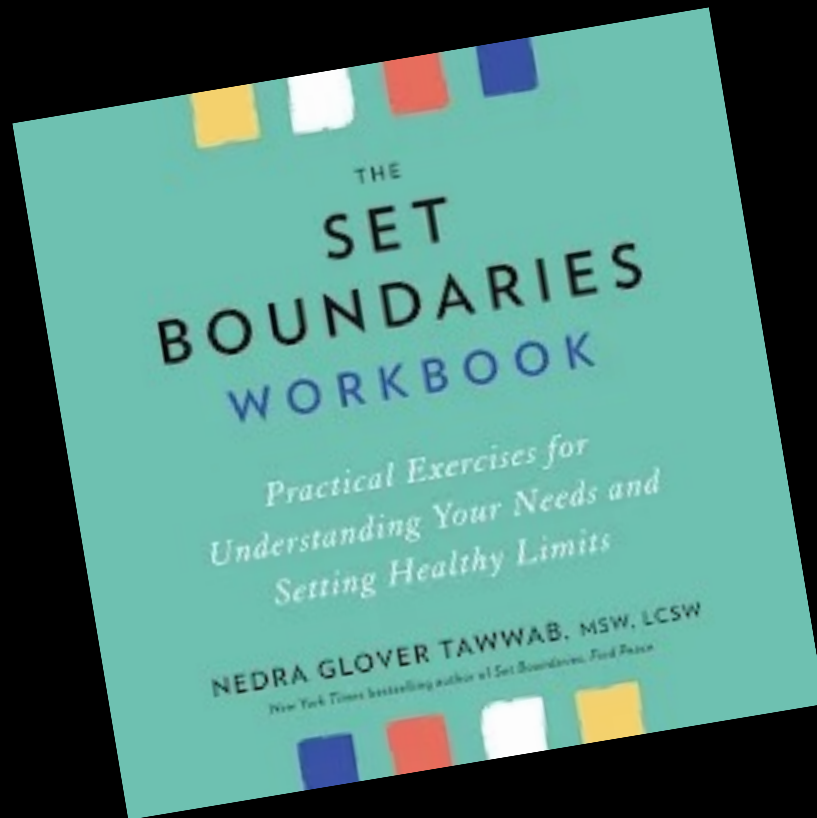
COMMUNICATE YOUR BOUNDARIES

- Focus on the desired outcome (not the problem)
- Be clear and direct:
 - I want....
 - I need....
 - I expect...
 - Next time....
- Manage your own discomfort
- “NO” is a complete sentence



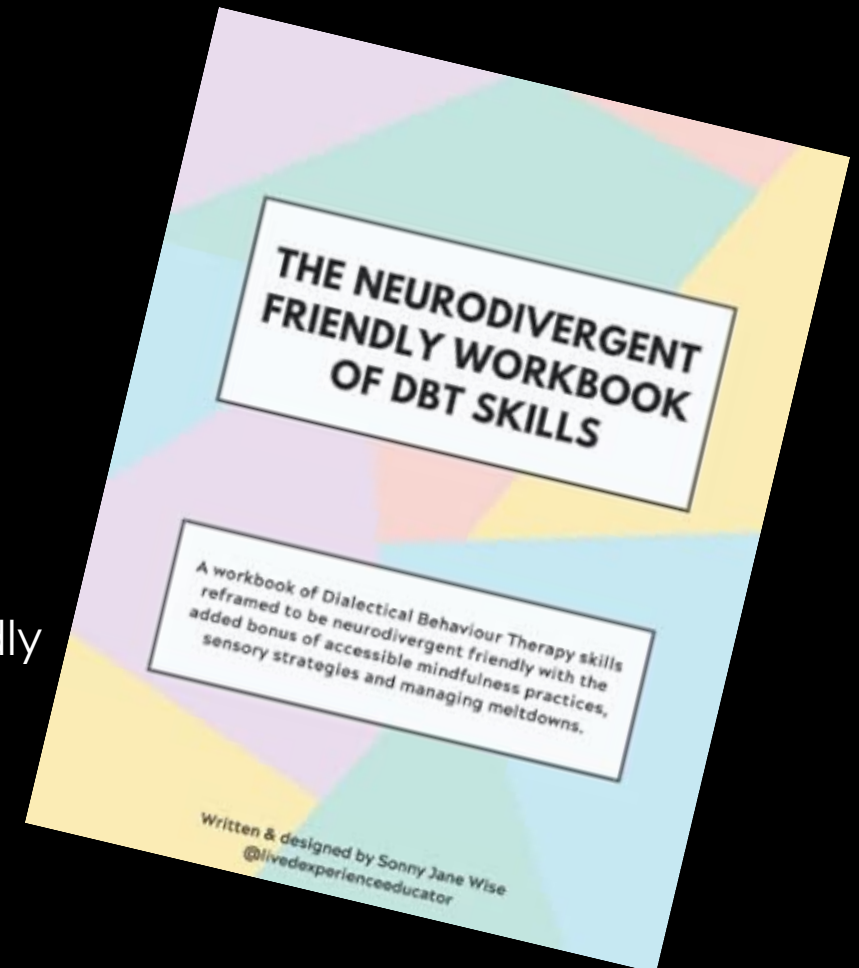
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RECOMMENDED RESOURCES



The Set Boundaries Workbook
By: Nedra Glover Tawwab

The Neurodivergent Friendly
Workbook of DBT Skills
By: Sonny Jane Wise



Thank you!

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