

Body center and anger

9's tend to be more passive aggressive and 1's tend to project anger onto others. I don't have to spend my days avoiding anger if there isn't any anger there in the first place . (It's like cph Sixes: if there were no phobia, there would be nothing to counter.) **Ones direct their anger inwardly, getting tense.**

It's not like even Eights are necessarily angry, as a state of mind, all of the time (or in some cases, even a lot). Rather, all three types are **motivated by the energy of anger**, as in the **energy of resistance and trying to make the world (or life) bend to how I think it should be**. This is at a deeper level of experience than just mood.

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