



*Be Here & Now*  
Counseling & Therapy

# Are You Afraid of Your Anger?

A life changing empowering guide  
for women

Dalila Jusic-LaBerge, LMFT

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## Table Of Contents

2	How to use this book?
4	They told us that our anger made us ugly
6	We learned that we need to avoid feeling so that we don't upset others
7	How avoiding your feelings affects your family
8	Two extreme outcomes of stuffing our emotions
10	Go back to your anger and learn about yourself
11	Anger is essential for our survival in dangerous situations
11	Anger helps us manage relationships and social interactions
12	Benefits of allowing to feel your anger
12	You will feel more in control of your anger and other emotions.
12	You will be able to know yourself better
14	Be authentic, assertive, and set clear boundaries
16	Enjoy satisfactory relationships and feel respected
17	Develop intuition and feel empowered to make healthy choices for yourself
18	Say "Hello" to your anger
19	Access your emotions and change the ways in which your communicate-A-Four step-guide
19	Awareness of your anger

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

- 21 Naming the actions or words of others that make you angry
- 23 Getting in touch with deeper emotions that underlie anger
- 25 Exploring your deeper emotions
- 27 Bonus step--Compassionate Conquest

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## How to use this book?



It's simple. After gaining some insight into what anger is and why you are afraid of it, this book will provide you with a step by step guides on how you can learn to work with your anger.

The book is designed to help you practice dealing with your anger in the ways that will enable you to understand yourself better and feel empowered to make positive changes in your communication and relationships.

You may be in touch with your anger, or you may try to avoid feeling it. In any case, you can learn to express it from a place of self-respect and self-love instead of fear or struggle for domination.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

The most challenging part for the majority will be getting deep into your emotions and allowing yourself to be vulnerable. But, if you do, this, it will help you get the most out of the book.

On the other hand, if you feel it's too scary to get into the deep emotions, I recommend staying more on the surface. If it's so frightening, there may be a reason why you are not going too deep into your emotions. Maybe it's better to work with a skilled therapist to address these scary feelings.

You can still utilize this guide to work on smaller issues. For the sake of practice, I would suggest choosing something that's not too triggering, so you can learn how to deal with painful feelings gradually.

It's also important to note that this workbook doesn't replace the support of a licensed psychotherapist.

Why is anger so relevant? What did we learn about anger in our past? What did they tell you as a little girl?

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## They told us that our anger made us ugly

A little girl was crying on the sidewalk as her brother took off with her scooter. Her face was red and grimacing an angry expression. Her bottom lip was pouting and her eyebrows furrowed. Her posture was with folded arms, and her feet were firmly planted in the ground.

The little girl's mother approached and tried to console her. The girl's voice was loud, but her words were difficult to understand because of crying. It seemed that she didn't want to be consoled. Her mother kept trying offering her candy and hugs, but the girl didn't calm down. She wanted her scooter back.

The mother became increasingly frustrated. Mother kept trying to negotiate with the little girl without success. At some point, the mother told the little girl, "Look at your face. You are not your pretty self when you are angry."

You know the rest of the story. The little girl learned that girls don't get angry and that anger is an ugly emotion for a lady. Of course, this was not the only incident in the little girl's life where she learned that anger was inappropriate for her to express.



# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

She also learned that by being nice, she would be accepted, and her parents will be happy with her. Thus, the little girl learned to be quiet and gracious. She didn't want to stir up the trouble. This skill served her well in life. She was liked and successful in her efforts. Everything was fine until this little girl became a woman and realized that she couldn't please everyone and that inside she feels empty and frustrated.



The woman pondered, "Something must be wrong with me. Why am I depressed and anxious when my life is so good." The woman started feeling even worse. She started feeling guilty for feeling crappy. She thought, "I must be ungrateful. I have a loving husband, beautiful kids, a great job, but I feel so frustrated. The universe is giving me everything that I ever wanted, but I still feel empty inside.

Who is this woman? She is one of us, high achieving women who still don't feel we are enough and that our natural emotions are somewhat not appropriate. Somewhere along the line, we learned that anger is not the right emotion to feel or show. After all, it makes others unhappy and unsatisfied with us.

In order to avoid feeling angry, we had to learn how to numb all other unpleasant feelings that could lead to anger and make others unhappy. Thus, we learned to dismiss feelings and keep doing to achieve all those incredible goals and make our loved ones proud.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## We learned that we need to avoid feeling so that we don't upset others

Our upbringing led us to this place. We are raised to place the value on our looks and how well we do things that will please others. The little girl was rewarded numerous times for good behaviors and when she dressed cute. How often do we hear parents say, "Good job," or "Oh my God you look so pretty." But, you don't really hear people say, "You seem so happy today playing with that paint on my carpet," to their little girl. Ok, I get that you don't want your little girl to ruin your carpet. But we don't even say, "You are so happy playing today. You should stay home. Don't go to school. Savour the moment." Instead, parents will want to make sure that their little girl has good work ethics. For better or for worse, this is making her very valuable in today's workforce. **She will measure up.** Do you see this underlying message?



To be able to adjust to this mode of pleasing others, we needed to put our happiness on a back burner. We learned that we need to avoid feeling our own emotions. This pattern helped us continue pushing through even when it was hard. Because of this, we often don't express our anger and keep it bottled up most of the time.



# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## How avoiding your feelings affects your family

Operating from this numbness, however, takes its toll. It affects our communication, relationships, and overall sense of happiness. Although we don't show anger openly, our family and friends may feel it simmering underneath. They may not be able to understand it or explain it. They may not identify it as anger. They may carry guilt because they feel that we are not happy although we are sacrificing for them. Our family members often feel our simmering unexpressed emotions.

Your children or partner may feel your resentment, but they feel powerless to do anything about it because they don't understand it. This kind of dynamic can happen even when you are not trying to make them feel responsible for your feelings. You know why? Because they care how you feel, and they know that there is something underneath although you are not letting it out. Just as you like to make others happy, they want to make you happy. If you don't express yourself, they can't understand you.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## Two extreme outcomes of stuffing our emotions



This struggle to express our emotions can lead to a couple of extreme outcomes. One is complete lack of assertiveness or inability to acknowledge our anger or speak up for ourselves.

On the other end of the spectrum are some us who may **blow-up on the smallest provocation**. As we avoid expressing our emotions regularly, we stuff it, and then we react in this extreme anger that doesn't match the level of the trigger. This kind of reaction usually means that a much more profound issue was triggered. In most cases, we oscillate between these two extremes. They both make us and our loved ones feel powerless and confused.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Consider the following example. Your husband says, "We should go hiking on Saturday." What he meant was, "I know you work hard. Maybe a hike would be a nice escape for you." Not knowing how he really thinks may enrage you. You may think, "He doesn't realize how hard I work. Instead of thinking how helpful it would be for me to go to a spa and have a day for myself, he thinks how to put me to more work. What a selfish bastard."

When we are stressed out and frustrated, it's natural to assume the worst. It's natural that this kind of thinking leads to expressing anger that's bigger than the trigger. Looking from the outside and talking with your husband helps us realize that he wanted to take care of you although he didn't express it in the way that made you feel that he cared. To add more salt to the wound, your husband may say, "Stop overreacting," which further enrages you more. You get the picture. This kind of exchange happens very often. You may feel that he doesn't get you and that he doesn't care.

What really happens here is that because you are the one who tries to be sensitive to others and where they come from, you expect your husband to be the same way. He actually did think of you, but not in the way you would like him to. We often hear a phrase "Men are not mind-readers." Good men are happy to be considerate, but they think that you will communicate with them what works and what doesn't work for you.

How may you react instead? You can say, "I really need a day for myself. I'll go to a spa and relax. You guys have fun hiking." This answer comes from self-love and self-care, rather than anger.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Go back to your anger and learn about yourself



If we understand anger correctly, we can utilize it to empower ourselves to make significant changes that lead to a happy, authentic life. Anger can be a gateway to the better understanding of ourselves and our emotions.

When we understand ourselves and our feelings, we can have more authentic communication and happy and fulfilling relationships. How can your partner make you happy if you don't feel your emotions and don't tell them what you need and what doesn't work? Exploring your anger can help you be able to communicate this. Let's examine some basics about anger.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## Anger is essential for our survival in dangerous situations

It's evident to all that anger helps us deal with danger. When something dangerous is going on anger gives us the power to do something about it. When we get angry, our body sends us information that we need to do something to protect ourselves. When our life is in danger, anger is a powerful emotion that can help us overcome fear and propel us to fight for our survival.

## Anger helps us manage relationships and social interactions

As mammals, we are social animals. Anger can play a significant role here. It can help us defend our boundaries or act when someone denies us of our rights. Anger propelled many people to fight for justice or deal with stressful situations.

Thus, anger is the first step in changing our lives for the better. There are numerous examples of this. Some are revolutionaries who changed the oppressive regimes, and others are women who left their relationships with cheaters, abusers, or those who didn't love or respect them. Less prominent, but equally significant examples are women who learned how to be assertive and express their feelings, which led to substantial improvement in their relationships and happiness levels.

How will anger empower you?

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## Benefits of allowing to feel your anger

You will feel more in control of your anger and other emotions.

Doing these practices will allow you to be empowered and take your life into your own hands. It will also help you focus on yourself instead on others. This focusing is one of the essential steps towards healing. Focusing on yourself brings power back to you. This book will teach you how to do just that. Focusing



on yourself will allow you to come back from the place of love for yourself instead of resentment towards others. This is a powerful shift, and it can change all your relationships for better.

## You will be able to know yourself better

Working through your anger will allow you to understand your deeper emotions. Anger is a gateway to understanding other underlying feelings. Anger is not a primary emotion. When we get angry, we are flooded with flight or fight impulses, and we are not aware of deeper underlying feelings. This shortcut is probably essential for our survival. It is advantageous adaptation when our life is in danger.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love



But, when we get these fight or flight impulses in the situations that are not life-threatening, this may negatively impact our relationships and work. When we operate in fight or flight mode, this may lead us to blow up on a small provocation or avoid expressing ourselves due to fear.

Although social situations are not life-threatening, our neurological responses may mimic those that occur when we are in life danger. For instance, we often feel provoked when someone disrespects us. Although this is not a life-threatening situation, we get neurological responses similar to those fight or flight responses. In this case, the flight mode is not reacting at all and bottling up our emotions, while the fight mode is expressing extreme anger, such as yelling or assaulting someone. What leads us to adopt one of these two ways of reacting to anger?

The reason why we respond in these extreme ways may be that we had to learn to survive in stressful environments in our childhoods. Maybe your family wasn't the place where you felt safe physically or emotionally, so you needed to adapt to this challenging situation and be very vigilant.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

This emotional reaction usually happens when we grow up in a dysfunctional family or experience continuous or repeated abuse, betrayal, neglect, maltreatment, or lack of empathy from parents or other prominent figures in our childhood. These kinds of events can cause trauma which causes us to remain vigilant in fight or flight mode. Thus we perceive small threats as extreme. This book isn't here to help you with trauma. Working with a skilled therapist is essential to feel safe when dealing with trauma.

The guides are designed to explore your emotions and get in touch with what hurt you. These are usually the things that you carry with you for a long time, much longer than the current trigger that made you instantly angry. Doing so will allow you to become aware of your emotions. Again, if some things are too much for you, I recommend dealing with your trauma with a skilled therapist.

## Be authentic, assertive, and set clear boundaries

This authenticity is another benefit of knowing how to handle your anger. As anger is not a primary emotion, this means that there is something underneath it. It usually covers fear or vulnerability. When you feel angry, you can explore where this anger comes from and why this particular trigger caused you to feel angry.





# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

You can explore what fears, hurts, and other feelings are underneath the anger. Once you understand these emotions, you can feel empowered to react assertively. Instead of resorting to fight or flight responses, you can express your feelings in more empowering ways, from a place of authenticity. When you are in touch with your underlying emotions, this becomes easier.

Consider following examples of assertive authentic communication. You can communicate with the relevant party (a person that caused you to feel angry at the moment) by saying something like: "What you said made me feel ...." Those feelings can be: angry, hurt, frustrated, unloved, etc. Depending on how important and close this person is, you can express deeper or shallower emotions. For instance, if you are talking to your partner, you can communicate that something they said made you feel unloved. This communication helps you grow closer because they will understand you better and feel flattered that what he says matters to you. Perhaps he will try to make amends with you and show you that he didn't want to hurt you.

If you are talking to someone who is not so close to you, you can say something like "That's annoying." You can also ask further questions and let them explain themselves. Doing so will put them on the spot rather than make you feel powerless. They will understand that you are not affected by their provocation. Or, if they didn't mean anything wrong, they will explain themselves, and things will be Ok.

In both instances, you take power into your hands with your anger. You express it and allow yourself to set clear boundaries by saying that what's done or said is not OK with you. You also enable your relationships to deepen by communicating openly.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## Enjoy satisfactory relationships and feel respected



When you are aware of your basic emotions, and you express them, your partner, children, friends, etc. can know you better. They can know how to please you and what doesn't work for you. Remember that other people feel good when they can make someone happy or make sure that they are not unhappy.

When you are not in touch with your anger and other emotions, others may have a difficult time reading you, but they may sense that something is not right. They may have a feeling that they have to walk on eggshells because they don't know what bothers you. When you are assertive and tell them what's wrong, they feel more empowered to make sure that they don't hurt you.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Develop intuition and feel empowered to make healthy choices for yourself

When we avoid feeling and expressing our emotions, we wind up feeling empty without a clear vision of our purpose or what can bring us joy.

We distract ourselves in different ways. Some of us may work too much, and others may avoid self-care but instead focus on caring for everyone else. Some may resort to excessive eating, drinking, or shopping. Many of us resort to all of these described ways of avoiding our feelings.



This pattern further reinforces the void and the notion that our life has no purpose and that we don't matter as a human being. We continue fulfilling our roles and living life on autopilot. We may forget what our values are and what brings us joy. Living our life like this usually keeps us feeling empty, depressed, or anxious although from the outside we seem to be functioning well.

Janina Fisher's book *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* talks about this. She explains the concept of compartmentalization and how it allows people to function better in many areas of life. She further explains how this compartmentalization causes people to suffer from feeling that they are faking, which she calls "False Self."

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

When you start acknowledging your emotions, you can start learning about yourself, what works and what doesn't work for you, and which people are pleasant to be around and who triggers you to feel down, irritated, or angry. This emotional intelligence will help you make better decisions in life and empower you to arrange your life in the ways that work for you.

## Say “Hello” to your anger-Take your power back

Now that you are aware of how important anger is in our human functioning, you can finally make peace with it. You don't have to feel weirded out when you sense these emotions. You can pause and remember that these feelings are trying to tell you something and that you are in control of these feelings.

It will not be easy. You've practiced different ways of being for decades. You can't expect yourself to master this so quickly. But, as you go on, you will feel better and more empowered. Give it a try.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## Access your emotions and change the ways in which you communicate-A-Four step-guide

### 1. Awareness of your anger

The first step is AWARENESS of your anger. It is an important step especially for those of us who are afraid of our anger. What happens in a triggering situation? Let's imagine your friend says something that rubs you the wrong way. You are aware that something is going on that doesn't quite sit with you. We often disregard this for the purpose of continuing to maintain positive relationships with this person. We usually just brush this aside and keep with conversation or whatever else is going on. And, something just stays with us. Later we may think, "What was that about? Why didn't I say something?"



How to do this differently? You can simply ask your friend, "What do you mean by it? "

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Let's take a concrete example. Your friend tells you, "You always struggled with weight." You can take this in so many ways. You can think that she knows you well and that she understands you. You can also think that she is looking down on you because she never struggled with weight. How you see this depends on how you two know and trust each other. But, if you are not certain about her intentions, it's wise to ask, "What do you mean by it?" Or you can say, "Are you saying that I'm fat?" Asking questions will give her a chance to explain and possibly redeem herself.

How can you identify that you are angry when you are a person who has a difficult time feeling anger? You may feel that your breathing stops for a moment, or you may start breathing faster. You may experience heat in your cheeks or ears. You may experience confusion. You feel something is not right, but you feel bad about feeling that something is not right.

When you just start this process, you don't have to worry about responding to the person right away. You can just process your feelings on your own. You can consolidate your feelings and call your friend later and talk to her how her words made you feel. The assumption is that the relationship matters to you enough to bother sharing your feelings with her. What's important to remember that you don't have to worry if you don't express yourself right away. Taking some time is OK.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## 2. Naming the actions or words of others that make you angry

The second step is NAMING. In this step you are identifying the actions or words that made you angry. In this practice, I want you to focus on specific actions or words that hurt you. When we consider the above example, you acknowledged that what your friend said made you angry. It was the first step.



This step, NAMING requires you to name the actions that your friend did that caused your anger. And, if you trust your friend and care about your friendship, you could say, "It hurts me that you think I have problems with weight."

I suggest refraining from name calling and labeling. Stay respectful of yourself and your choices. To make this more productive for you, focus only on the actions of the person that makes you angry at the particular moment. Avoid dealing other issues that you may have with this person. You are NAMING the activities that make you angry at one specific moment.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Naming only specific action that made you angry can be very difficult because we become angry because we are assuming that this person means harm. Just remember that the truth may be that she may intend harm or you may assume it based on your previous history with her or with other people. Although we may be aware of this logic, it's not easy to avoid anger because our emotional brain wins over each and every time. This tendency is why it's important to process anger both emotionally and intellectually.

In another example, you may be angry that your partner controls, disrespects, or dismisses you. These are good things to say instead of saying, that he is a narcissistic man. A good way to communicate would be, "It hurts me when you call me at work eight times a day. It makes me think that you don't trust me." Or you can say, "It makes me feel disrespected when you make fun of me in front of your friends." Or if you want to communicate that you have high standards, you can say, "It totally turns me off when you disregard what I say."

In all of these examples, you demonstrated self-love, and you didn't disrespect the person that made you angry. In fact, you honored them by letting them know how important they are to you to let them know how their actions affect you. Once you express yourself, it's their turn to show you how they care. Your partner or your friend can explain themselves or apologize.

When you express yourself this way, you basically allow yourself to be vulnerable. You let your partner or friend to redeem themselves or to show you that you can't trust them to be caring towards you. What matters is that you didn't hurt them while expressing yourself. Doing so allows growth for both of you. In order to be able to express yourself this clearly, it will take some work to understand yourself. The next step will help you learn how to understand yourself better.



# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## 3. Getting in touch with deeper emotions that underlie anger



The next step is **GETTING IN TOUCH** with deeper feelings beneath the anger. Now that you are clear about the actions that make you angry, it's time to explore what these actions stir in you. Exploring deeper emotions can be good to explore with your therapist. They will help you explore this in a safe manner. It can lead to

significant understanding and healing, but it can open you up to temporarily be more vulnerable.

There could be some old issues triggered by the actions of the person that made you angry. Pay particular attention when your anger expression is way more significant than the trigger that led to it. If we react to a small trigger more than what we would like, it can be that we are sensitive, and our anger is based more in the past. The current trigger just caused you to be re-wounded. Gaining insight into this anger can help you be more in control and utilize your anger to empower you instead of losing control.

Remember, anger is not a primary emotion, and it usually covers underlying emotions, such as fear, humiliation, rejection, disrespect, etc. But, before dealing with your underlying feelings, you need to focus on the triggering action or words. Remember, this is not about the person that triggered you, but it's about you. Although you will identify their actions, it's important to look at them in terms of how they trigger you.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Let's consider the above example. Imagine your partner makes fun of you in front of his friends. We don't know necessarily why they do it. Maybe they express their admiration in this way. Hard to imagine right? You don't appreciate, and it triggers you to feel angry, hurt, and annoyed. In this practice what matters is how you feel, and not what your partner meant. He can explain it if he wants.

As we are not focusing on his meaning at this moment, we will explore what this triggers in you. You feel hurt that he makes fun of you. How can you understand this trigger better? You can try the Exploration process.

You can take this as deep as you want. You don't have to analyze all your emotions this way. These are just practices that will help you understand this process. Sometimes it's just enough to tell the person, "Knock it off. It's annoying."

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## 4. Exploring your deeper emotions

When you get in touch with your primary triggers, it's time for the next step, EXPLORATION. You will explore underlying emotions of your triggers. What are the underlying emotions that made you angry? Careful! In this part, you don't focus on the other person but yourself. Remember, you need to go deep and see what these actions brought up in you. This is another place where you may want to work with your therapist.



Let's consider a really difficult situation. One of the most difficult blows to our sense of self is if our partner leaves us. This will trigger so many underlying feelings.

For instance, if you say that you are angry about the fact that they left you, you can explore further by asking "How does this make me feel?" Then, you may realize that you are angry because this made you feel unworthy of their love and the investment in the relationship. Thinking like this, naturally leads to depleted self-worth. This is just an example. Your emotions may be different. And, sometimes you may not think like this, but your feelings are not following your logical brain. Remember, our emotional brain keeps us stuck in anger and other difficult emotions.

Below is an example of how to do this exercise. The deeper you get, the more efficient this method will be.

This practice is just one of the steps to help work through your anger. Next, you can work on all of your reasons for being angry and do the practice as described above. This practice is EXPLORATION

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

I feel unworthy because they left. Again, we all know you are not unworthy, but you feel like this. You will then explore what other emotions come up with this one. You may feel sad and then go deeper and realize that you feel unlovable. Your mind can be very creative by providing these negative attributes. You, just like most of us, have practiced this downward spiral for decades. It comes naturally to many of us. Doing this will give you some insight into possible old hurts. If there is a lot of these past hurts, I recommend working with a therapist.

Now that you are able to get to the bottom of your anger towards this particular triggering person, you wonder “what’s next.” What do you do with these emotions? Well, There is so much that you can do, and we’ll get to that soon enough. But before that, I want to congratulate you on a great accomplishment. You were able to move attention from the triggering person to yourself. Now, it’s about your emotions, and not about this person that hurts you.

When you are angry at someone, instead of calling them names or being bitter, you can take the power into your hands by naming the emotions that underlie your anger. This practice will help you sharpen your intuition and be more in touch with your feelings in the future. From this place, you can set boundaries with more ease. You will be able to set the boundaries based on love and care for yourself rather than from disdain for others. Focusing on yourself instead of another person can help you feel empowered to take action to change your life and make it the way you want.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

You will also be able to identify who triggers you to feel these emotions. This kind of emotional intelligence will help you avoid them for deeper friendships and relationships. You can surround yourself with people that make you feel good, and when something triggering happens with them, you can utilize assertive communication to clear things out.

## Bonus step-Compassionate Conquest

COMPASSIONATE CONQUEST is the next step in the process. Getting in touch with your emotions can provide insight into your hurts, but it can also trigger you to feel down. So, this step will help you feel better and learn how to deal with these painful feelings.



How do compassion and conquest fit into this together? What does it mean? You are being compassionate towards yourself, and you are conquering your negative emotions.

Next guide is meant to help you work through these deep underlying emotions. Before you do your own, let's follow the example of a woman whose husband left her. She identified that she feels unloved because he left her. This example just describes the process. These may not be your feelings.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

You may say, "I feel unlovable." It's important to emphasize that you only feel that way. The next step is to say: "I know I feel unlovable, but there is so much evidence that I'm not unlovable.."You will talk about yourself in a compassionate, kind way. You are responsible for standing up for yourself and acknowledging your strengths, just like your shortcomings. Just as you are not perfect, you are definitely not the worst person in the world.

The fact is that you practiced for decades making these statements about your shortcomings. You owe to yourself learning how to make positive statements, and this is how you can move on from feeling bitter to feeling empowered. This practice is called COMPASSIONATE CONQUEST

You are conquering these negative emotions that lead to giving yourself negative attributes, such as unlovable, unworthy, or ugly. It's essential that you maintain compassion towards yourself and don't beat yourself up for feeling like this. There was something that kept you in this state, but now you can take the matter into your own hands.

Then you will list the evidence that your feeling is not the reality. What would you tell yourself if you were your own parent or a good friend? You might say to yourself these types of things. :

1. Gina really likes hanging out with me.
2. That boy in high school was really in love with me.
3. My parents love me.
4. My children may be a little estranged, but they love me
5. God loves me.
6. I'm really kind, and therefore I'm lovable.
7. I have a lot to offer to the right person in a mutually loving relationship.

You get the idea. Now it's your turn to argue for your own cause.

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

Now that you are clear how to work through your emotions, you can apply this practice in various situations. What's important is that you move on from focusing on the person that triggers you to focus on your healing. Going through this process is just a part of your journey. It's the beginning of your journey towards better life. Doing this will empower you to move on from situations that cause you to be angry and search for what truly makes you happy.

You can also be compassionate to the person that made you angry. Sharing your feelings will help them realize the power that they have. They have the power to hurt you. If they care, they will make sure that they don't hurt you in the future. Your assertive communication helps them feel informed and empowered. Your assertiveness helps them understand that you have values, standards, and limits.

What's your next step?

I would like to hear from you. Feel free to contact me.

Dalila Jusic-LaBerge, LMFT  
Be Here & Now Counseling  
djl@behereandnow.com  
310-889-4958

# Are You Afraid of Your Anger? Don't Be. Turn It Into Self-Love

## About Dalila

I'm a licensed marriage and family therapist. But, even more, importantly, I'm a woman who struggles with mixed messages from society, just like you do. What I'm talking about are messages that our families and society give us in an effort to help us grow up well. In spite of their best efforts, along with raising us to be responsible, compassionate, and cooperative, we become anxious, overachievers feeling that we are never enough. Because of this, we often may feel empty inside even after achieving and accomplishing many amazing things.



In my opinion, the reason for this is that we don't cultivate knowledge that will help us be happy. The fact is that there are a skill and a mindset involved in feelings of happiness. Instead, we are raised to be "good girls," who will ensure that they don't step on too many toes.

So, the long story, short, I think that getting in touch with our anger can lead us to a place where we can be more peaceful and authentic. Give it a try.

Agoura Hills Anxiety Therapy and Relationship Counseling Dalila Jusic LaBerge, LMFT