



Jessica: Welcome to Releasing Anger tapping mediation. Anger can be a destructive emotion if we can't find a healthy way to express it. If anger is set aside, it often seeps into our lives in unexpected ways, negatively impacting our health and relationships. Fortunately using a technique like tapping can help us get in touch with how we're actually feeling so those emotions don't take over our life.

Tune into your body now and the anger that you may be having on the 0-10 scale. As always, let's begin by taking a nice deep breathe in...and out. As always we begin on focusing on the negative statements, telling the truth of how we feel to lower the intensity with tapping and then allow ourselves to turn towards the positive. So start tapping gently on the side of the hand. And repeat after me either in your mind or out loud.

SH: Even though I feel angry,
I accept myself and how I feel.

Even though I have all these negative feelings,
I accept how I feel,
And I'm open to looking at this anger in a new way.

Even though I feel angry,
I honor how I feel,
And I allow my body to relax.

EB: I'm so angry.
SE: What happened was wrong.
UE: Things shouldn't be this way.
UN: It feels unfair.
UM: And, I'm angry.
CB: I have the right to be angry.
UA: I feel I've been wronged.
TH: And, I acknowledge all this anger.

EB: Start tapping on the eyebrow point and I'll guide you through the points. Don't worry about saying anything out loud here. If at any point you need more time to pause and think while you tap, feel free to pause the audio. As you continue to tap on the eyebrow point, simply tune into the feeling of anger.

SE: Focus on what's causing you the most anger. Allowing yourself to breathe deeply and begin to relax as you acknowledge the anger.



UE: Feeling present, safe and grounded, ask yourself, everything that happened, what makes me the most angry? What in particular triggers this emotion. Simply tap and think about it now.

UN: Allowing yourself to be present with what happened. Continue to think about what has created the most anger. You're simply honoring how you feel and how hard it's been.

UM: Notice any tension in your body that this anger is causing and simply relax into that tension. You are honoring how you feel as you allow your body to relax.

CB: Now let's get curious. What is your anger trying to tell you? Maybe it's showing you that enough is enough. Maybe it's helping you claim your voice to say no more. There is nothing wrong with feeling anger, but if we hold onto it for too long we are the ones that suffer the most. Simply think about what your anger may be trying to tell you.

UA: Notice any emotions under the anger. Maybe you notice pain or disappointment. Acknowledge that all these emotions are okay to feel.

TH: Anger often gives us a false sense of power. It's an emotion with a lot of energy. Notice what it feels like to begin to release this anger while still feeling centered and strong in your body. You are powerful, even without the anger.

Jessica: Now lets move back to the eyebrow point, and repeat after me.

EB: This anger was simply trying to protect me.

SE: But, I am safe.

UE: This anger was a way of protecting myself.

UN: But I am powerful and safe, even without this anger.

UM: I choose to feel my power in a new way.

CB: I release this anger at my own pace.

UA: I am open to learning from this situation.

TH: And, it becomes easier to release the pain.

EB: I do this at my own pace.

SE: There is room for all of my feelings.

UE: And, I make room for more peace.

UN: I make room for my bright future.

UM: I have been through a lot.

CB: And today I am stronger.

UA: I put my well being first.

TH: By choosing to feel more peace now.



Jessica: Gently stop tapping as you take a nice, deep breath in. And, as you exhale, tune back into your body and notice your current level of intensity related to the anger, on the 0-10 scale. Any shift toward zero means you're headed in the right direction. If the intensity is higher than you'd like it to be, repeat the tapping and include the thoughts and feelings you have.

Keep in mind that it's okay to feel anger. Sometimes anger empowers us to make a change. But, it can also be debilitating if we stay stuck in this feeling. Once you're in touch with a negative feeling, it no longer has control over you and it's easier to release it and move forward.

Until we tap together again, this is Jessica Ortner. Take care and keep tapping.