



# Releasing Anger: How to Use Tapping to Release Anger and Resentment Through Forgiveness and Peace

IYANLA VANZANT

[www.ianla.com](http://www.ianla.com)

I describe anger as the normal mental, emotional, and physiological response to feeling or believing that your personal power has been violated. When our personal power, our personal space, is violated in some way, anger is the normal mental and emotional and sometimes physiological response. We may also become angry when there has been prolonged frustration about something, or undue or unnecessary criticism, but usually it's because we feel there's a mental, emotional, or physical threat.

For this reason, I don't believe that all anger is bad or even inappropriate; it's when we hold on to irrational anger, or when we just hold on to anger in general, that it has such damaging effects on our lives.

So anger isn't always bad. There are moments when anger can actually help us to choose something different and even choose something more empowering. But there are times when we hold on to the anger and that's when it really begins to weigh us down, to hold us back.

It's important then to understand why it is that you hold on so strongly to anger, even when you know that it is not benefitting you. One of the reasons you may do that is because you're never angry for the reason that you think you are. You think this happened and it made you angry, or this person didn't do this or didn't do that, and it makes you angry. But the truth is that there is often something else beneath it. To confess or admit to certain emotions often requires a willingness to be vulnerable. And people would rather be in control than be vulnerable. So we use anger to cover emotions that we determine will make us vulnerable or emotions that we deem as a sign of weakness. It's easier and gives the false sense of being in power and control, to display anger than it is to say, 'You hurt me,' or, 'I feel sad, or frightened or lonely,' or to say, 'I feel threatened.'

To gain clarity as to what may be underneath the anger, there are three things that I always ask a person when they're experiencing anger:  
First, I will ask them, 'What did they do to you?'



The second thing I ask people is, 'What is the upset?'  
And finally, I ask, 'If the anger had a voice, what would it say?'

Those three questions usually will take a person right down through the anger into what's underneath it.

Let's do a quick exercise: think of something that you are either angry about now, or that often makes you angry. Describe it here:

Now ask yourself, and answer, my three questions:

What did they do to you?

What is the upset?

If the anger had a voice, what would it say?

When it comes to tapping, people often hesitate to do it because they're not sure of what to say. But here you have a guide because the answers to these questions are precisely the words that we can use while tapping. It's giving it a voice as we stimulate these points.



Another of the things that I teach is that when you can't find the right words, you can just vent. So while you're tapping, moving from point to point to point, just vent about the experience, because that will release the energy. It will move it through your body just as tapping from a script will. Sometimes you don't have time to find a script, you've just got to get it out. You can start right where you are.

Let's do some tapping:

Settle down for a moment. Take a nice deep breath, and think about your anger right now, either the one we discussed above, or something else, and give it an intensity, on a scale from zero to ten (Where zero means no anger at all, and 10 is the worst anger you've ever experienced). Write it down here: \_\_\_\_

We're going to go to the karate chop point and start there lightly.

Side of Hand Even though I have all of this anger  
Anger I can feel throughout my body  
Anger I can feel in every muscle  
Anger that keeps me tied up in knots  
I know something else is going on  
And for whatever reason  
Logical or not  
Conscious or not  
There is a part of me  
That doesn't want to let it go  
And I'm willing  
To love myself anyway

Now shake your hands out just for a moment. We're going back to the karate chop point.

Side of Hand: Even though I'm full of anger  
Anger that keeps me stressed and upset  
Anger that prevents me from relaxing  
I know there's something beneath that anger  
And I'm willing to find out what it is  
And to let it go  
But there's a part of me  
That's accustomed to the anger  
That holds on to the anger



Because being angry  
Gives me a sense of control  
And I'm willing  
To release the anger  
And whatever is beneath it  
That's why I love and accept myself

Now shake your hands out. We're going to the points.

Unlike some other practitioners, I start at the eyebrow, I do the side of the eye, under the eye, under nose and chin together, collarbone, under the arm, then I do the wrists, wrist-to-wrist, and then top of the head. There are many, many meridian points, so this is just a matter of preference – they all work!

Eyebrow	Anger
Side of Eye	Anger
Under Eye	All this anger
Nose & Chin	Anger, and whatever is beneath it
Collarbone	I'm angry
Under arm	I feel angry
Wrist-to-Wrist	Even when I don't know it
Top of Head	I'm expressing anger

EB	Anger in my muscles
SE	Anger in my body
UE	Anger that keeps me stressed
NC	And whatever is beneath the anger
CB	Whatever is keeping me tense and tight
UA	I call it out into the open
WW	Whatever is disguised
TH	Whatever is hidden

EB	Whatever is camouflaged
SE	Whatever is programmed
UE	Whatever is secretive
NC	Whatever I deny
CB	That supports this feeling of anger
UA	It isn't serving me well
WW	I know it's time to get rid of it



TH I am choosing

EB To let the anger go  
SE With every breath I take  
UE I am releasing the anger  
NC With every breath I take  
CB I am releasing any hurt  
UA I am releasing the fear of vulnerability  
WW I am releasing the belief that it is weakness  
TH To acknowledge I may be hurt

EB To acknowledge I may be afraid to be vulnerable  
SE With every breath I take  
UE I am calling in the feeling of peace  
NC To replace the anger  
CB And whatever is beneath it  
UA As I move to a place of healing and inner peace  
WW I surrender anger  
TH This is my choice now

Take a deep breath and check your intensity again. What is it now? \_\_\_\_\_

One of the things that I've learned, particularly in tapping on anger, is to call out the things that are hidden or denied, those things that the conscious mind may resist. You may even want to call out your resistance to releasing anger, because you may think that if you don't carry this anger then you're acquiescing to what happened. The truth of course, is that this is not the case.

You can also add in whatever comes up. 'I release feeling betrayed, I release feeling abandoned,' or 'I'm calling out into the open feeling betrayed, calling out into the open feeling abandoned. I'm calling out into the open feeling justified in staying angry!'

I've talked about the importance of being vulnerable and how difficult that is, which is why anger sometimes seems like the easier path. But tapping will support you in allowing yourself to feel vulnerable, but feeling safe at the same time, and more compassionate towards yourself.



Please take responsibility for our own healing. You can choose to stay angry or you can choose to take responsibility for shifting the energy. One of the things I often say to my students and to coaches that I train is, 'If anger is the result of your feeling powerless, then take back your power!' And tapping is one of the most effective ways to take back your power. By releasing the negative energy of that experience through tapping, you can regain control of your life.

Let's talk about forgiveness. I think we all know that it's a good idea, but when we're in pain it can feel really difficult to do. And yet forgiveness is something that we really should strive for.

First of all, it frees up your energy, but the other thing about forgiveness is that it opens up the channels of your mind and heart so that you can have a different perspective on what you experienced. Forgiveness takes you out of that emotional loop of wishing that things were other than the way they are. Byron Katie teaches that as long as you argue against reality, you will suffer. Forgiveness relieves suffering, because it says, 'I am accepting things the way they are, or the way they unfolded, and I am willing to move beyond it.' Forgiveness is the gift that you give to yourself. By letting somebody else off the hook, you give that gift of freedom and release to yourself.

I think that one of the hesitations people often have around forgiveness is they think that if you forgive someone, you're saying that you approve of their behavior. But what you're saying is, 'I acknowledge what happened, I accept what happened, and I'm willing to move beyond it.'

When you have experienced something egregious from someone or something you believed was egregious, there are layers to it. You may find yourself forgiving the same person over and over and over.

I usually end a tapping script with some level of forgiveness, because I just find that it is so powerful. If you remember in our opening, when we were on the karate chop point, I acknowledged the part of me that didn't want to let the anger go. Because we get caught up in these ways of thinking and feeling and believing and we want to be right about it. We'll hold on to it, sometimes consciously, unconsciously, sometimes out of habit. I usually end the tapping script, 'I forgive myself for all of the time that I've wasted being angry. I forgive myself for all of the trauma and drama I created in my life by not acknowledging that I was hurt. I forgive myself for being so defiant to my own emotions that I wouldn't let this go. Notice that I'm not forgiving the other person, I'm forgiving myself.'



So let's have a tapping experience that really focuses on the self-forgiveness. First, identify a recurring self-criticism or self-judgment just so that we can get an intensity on it. It could be, 'I'm not good enough, I'm too fat, I'm too slow, I shouldn't have...' 'I should have left a long time ago, I shouldn't be where I am, I should know better, I should have done better, I should have done more, I should, I should, I should.' Find the 'should,' write it out below, and give it an intensity. \_\_\_\_

Now take a nice, long deep inhale, and a slow, complete exhale. Let's go to our karate chop point:

Side of Hand Even though I find it difficult  
Extremely difficult  
To forgive myself  
For some choices I've made  
Choices that I didn't make  
Decisions I made  
Things that I didn't do well  
Whatever things I hold against myself  
That I know I should forgive myself for  
There's a part of me  
That does not believe  
I deserve my own forgiveness  
And I don't want to let that part of me go  
For whatever reason  
Conscious or not  
Logical or not  
That part of me  
Refuses to forgive me  
And I must admit  
I think it's right  
I shouldn't be forgiven  
But I'm willing to give it a try and love myself anyway



Shake your hands out. On the karate chop point again:

Side of Hand Even though there's a part of me  
A big part of me  
That doesn't want to forgive myself  
That judges me  
As wrong  
Not enough  
Not good enough  
Helpless, hopeless  
Even sometimes stupid  
For things that I've done  
Or haven't done  
There's another part of me  
A more gracious and divine part of me  
That knows I am worth  
My own time, energy, attention and forgiveness  
And I want that part of me  
To take dominion and reign in my consciousness  
That's why I love and accept myself

Eyebrow Forgive myself  
Side of Eye Forgive myself  
Under Eye Why is it so difficult  
Nose & Chin For me to forgive myself?  
Collarbone I want to forgive myself  
Under Arm No, I don't  
Wrist-to-Wrist Yes, I do  
Top of Head I want to forgive myself

EB But there's a part of me  
SE That doesn't believe  
UE I deserve my own forgiveness  
NC Look at me!  
CB Look at what I've done!  
UA Look at what I haven't done!  
WW I messed my life up!  
TH I messed my relationships up!





EB Just look at where I am  
SE I am not where I should be  
UE There I go again  
NC Judging myself  
CB Beating myself up  
UA Not letting me off the hook  
WW Not acknowledging I'm just human  
TH Well, that ends today!

EB I am now choosing  
SE To forgive myself  
UE Self-forgiveness  
NC That's my choice  
CB It's not an easy choice  
UA But it's a choice I'm making  
WW I am forgiving myself  
TH Totally and unconditionally

EB For everything I've held against myself  
SE For every false belief I hold about myself  
UE For the things I've been unwilling to forgive  
NC For the things I think I've done wrong  
CB For all the things I think that are wrong with me  
UA I'm forgiving myself  
WW I'm choosing to forgive right now  
TH I forgive myself  
For all judgements about myself

EB I ask forgiveness to now move through me  
SE I believe I feel it  
UE The freedom of forgiveness  
NC It's moving through my body  
CB It's moving through the fluids in my body  
UA It's moving through my bone marrow  
WW Self-forgiveness  
TH That is my choice

Take a breath and check your intensity now. \_\_\_\_



You can add whatever you want to add in there. 'I forgive myself for always choosing the wrong partner, I forgive myself for believing I always choose the wrong partner.' When I do forgiveness, I forgive the thing I'm holding, and I forgive my belief about the thing I'm holding. Because remember, belief is a thought fueled by emotion. You can have a thought and then you can have a belief about the thought. I forgive the thought; I forgive myself for thinking I'm too fat. I forgive myself for believing I'm too fat. I forgive myself for thinking I'll never amount to anything. I forgive myself for believing I'm not anything right now. You can do the thoughts, and you can do the feeling.... 'I forgive myself for thinking that my life isn't what it should be. I forgive myself for believing that my life should be other than it is. I forgive myself for judging my life as it is right now.' The thought, the belief, the judgment, the feeling, forgive it all. It's all going to move energy.

The greatest thing about tapping is that you can't do it wrong. The only way you can do it wrong is by not doing it!

The other important aspect is that this is a practice. You don't just tap once; you need to keep at it. This is about bringing in a tool in our lives, so we can forgive ourselves and others again and again, because we are all human and it is part of the human experience.



**IYANLA VANZANT**, the host of Iyanla Fix My Life, currently airing on the OWN network, is known as a Spiritual Technician and one of the great spiritual teachers of our time. As the Founder and Executive Directive of the Inner Visions Institute For Spiritual Development in Silver Spring, MD, she has conducted classes, workshops and training for Spiritual Life Coaching for the past 16 years. She holds a Bachelor's Degree from Medgar Evers College; a Law Degree from City University at Queens College; and Master's Degree in Spiritual Psychology from the University of Santa Monica and a Doctorate of Humane Letters from Georgia

State University. As an informal student of Tapping for more than 12 years, she was formerly trained by Lindsay Kenny in 2010 and has incorporated what she calls, "a miracle treatment" into her repertoire of healing modalities. The author of 16 titles that include 5 New York Times best sellers, Iyanla has a deep commitment to the elimination of suffering on the planet. Her books *Peace From Broken Pieces* and *Yesterday I Cried*, chronicle the many difficult challenges and life experiences that have given her a deep respect and love for the capacity of the human mind and spirit to rise above it all and be healed. In her latest work, *Forgiveness: 21 Days To Forgive Everyone For Everything*, she combines the power of forgiveness and the miracle of Tapping to offer her readers and the world a practical, no non-sense formula for personal growth, healing and evolution. Iyanla says, *"My purpose for being on the planet, for surviving all that I have, is to facilitate the evolution and healing of human consciousness one Mind, one Heart, one Life, and one Spirit at a time."*