

Understanding Anger

Setting Healthy Boundaries...

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ANGER

When we understand what anger supports us with in relationship, we can finally come to terms with allowing this emotion into our lives.

Setting Healthy Boundaries...

Anger is an instant boundary line. It supplies us with the exact amount of energy that we need to take a stand for claiming our space.

If someone has infiltrated our healthy boundaries then anger will sound the alarm. If used properly, anger can instantly reset the perimeter protecting you and what you stand for.

Anger is your indicator that you need to check your boundaries.

Anger causes our energy to get heated and rise up, so when anger arrives at your door, be sure to cool yourself and bring the energy down into your center.



Anger In Relationship:

Anger is that loud thundering that rocks your world in relationship and gives you the opportunity to reclaim the sense of self that you need for clear communication, healthy boundaries and recognizing the others capacity to project, blame or shame you.

When you get into a heated argument and anger starts taking over, you must stop and cool down your internal reactive approach. Open your eyes and see what boundary violation is present.

ASK: What action can I take to restore my sense of self and reclaim my Truth? How am I being treated in this relationship? Am I being honored, respected and heard?

