

# The Anger Purge Ritual Worksheet

An instrument for TRUE growth and transformation

Today's Date: \_\_\_\_\_ Worksheet #: \_\_\_\_\_ Chosen Anger Tool: \_\_\_\_\_

THE PURGE	<p>Use this space to vent all the anger, frustration, guilt, hurt and victim story that you are holding on to. Let it pour out in a single stream of consciousness (just put your pen on the paper and keep it moving for the full time allotted):</p>
NAMING THE EMOTIONS	<p>Use this space to identify all the emotions that came up for you (i.e., anger, boredom, frustration, guilt, loneliness, sadness...etc.):</p>
PINPOINT THE LOCATION	<p>Use this space to identify WHERE in your body you noticed these emotions (i.e., feeling of heaviness in my chest, lightness in my head...etc.):</p>

MY LEARNINGS	Use this space to identify what you learned about YOU (“I am”, “I can”, or “I have” statements):
ACKNOWLEDGING MY HUMANITY AND PERFECTION	<p>I lovingly recognize and accept my feelings and judge them no more. I am entitled to my feelings. <span style="float: right;"><input type="checkbox"/> AGREE <input type="checkbox"/> SKEPTICAL <input type="checkbox"/> OPEN <input type="checkbox"/> DISAGREE</span></p> <p>I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see a situation. <span style="float: right;"><input type="checkbox"/> AGREE <input type="checkbox"/> SKEPTICAL <input type="checkbox"/> OPEN <input type="checkbox"/> DISAGREE</span></p> <p>I recognize that my emotions are an elegant feedback mechanism that connects my instinctual self with my higher consciousness and thinking self. I lovingly tune into the wisdom that these emotions bring me even when the accompanying feelings are uncomfortable or painful. <span style="float: right;"><input type="checkbox"/> AGREE <input type="checkbox"/> SKEPTICAL <input type="checkbox"/> OPEN <input type="checkbox"/> DISAGREE</span></p> <p>I recognize myself as a growing and evolving soul having a human experience. I lovingly accept my humanity and give myself permission to have whatever experience my soul needs me to have in this moment. <span style="float: right;"><input type="checkbox"/> AGREE <input type="checkbox"/> SKEPTICAL <input type="checkbox"/> OPEN <input type="checkbox"/> DISAGREE</span></p> <p>I re-commit to this process and the continued evolution of my soul and consciousness. I recognize that anything that stays the same is toxic and I lovingly re-commit to my own growth and healing. <span style="float: right;"><input type="checkbox"/> AGREE <input type="checkbox"/> SKEPTICAL <input type="checkbox"/> OPEN <input type="checkbox"/> DISAGREE</span></p>

**Congratulations. You have just taken the first step towards connecting with yourself more authentically.**

As you continue this process you will find yourself feeling lighter. The voice in your head will begin to shift and you may even adopt a brand new perspective on things.