

## **How To Care For Yourself When You're Angry With Others**

### **QUESTION:**

What do I do with my anger when someone has hurt me, without letting it consume me or harden me?

### **ANSWER:**

Anger is not wrong. It's a signal that a boundary was crossed, a value was dismissed, or a wound was touched. Caring for yourself in anger means holding it without turning it *inward* as shame or *outward* as destruction. Here's how to care for yourself when you're angry with others:

#### **1. Honour Anger as a Messenger**

Instead of suppressing or exploding, pause to ask: what is my anger trying to protect? Often it points to a need for respect, safety, or truth. If you're ready to delve a little deeper into the question you could ask: who took away my right to respect, truth, and opinion? If you're faced with someone now who is doing the same it will understandably trigger anger - not at them necessarily, but at the pattern of dismissing you.

#### **2. Release Anger Safely**

Rehearse grounding practices that allow you to move through anger without doing yourself or anyone else any

harm. Anger is like fire; it will burn everything in its wake until it's contained. Get into a healing habit of journaling your feelings, physically moving your body, breathing in deeply for 7 seconds and exhaling slowly, shouting into a pillow, hitting a punching bag. When you move the energy out, you can access the wisdom underneath.

### **3. Set Boundaries Without Revenge**

Anger wants to protect in vengeful ways and past experiences may justify you feeling this way. Revenge keeps you tied to the person who hurt you. Instead, use anger as fuel to set boundaries that safeguard your peace going forward. Write a letter clearly outlining where, going forward, your boundaries will begin - and don't falter. Refer back to our Healing Habit on setting boundaries without guilt for extra support.

### **4. Speak From the Heart, Not the Fire**

If you must address the other person, wait until the initial storm has settled. Speak truthfully but calmly, 'when this happened, I felt\_\_\_\_\_'. This protects your dignity while still voicing your truth. Chances are, if this person has done enough damage for you to feel angry, you may have a connection where they choose not to listen to your feelings. This is anger-inducing in itself. They

may shut you down, censor you, or ignore you, repeating patterns of being dismissed, shamed, and overlooked.

If you're trying to be heard by someone who chooses not to hear you, then save your energy and dignity. In fact, this may be a good time to choose to cut contact and step back to heal and recover. If disconnection is not possible entirely, then is it time to plan to leave?

### **1. Soothe Your Nervous System Afterwards**

Anger is exhausting. Whatever the outcome of your encounters when anger has been present, make sure you care for yourself and your inner child with grounding practices – a warm bath, silence, meditation, or time in nature. You deserve recovery after the burn.

### **2. Anger Is A Wound Response**

Despite all our good intentions and with the best will in the world, anger reveals to us where our wounds still need healing. This is why, as we navigate our healing habits, it's a good idea to journal on the stronger emotions we experience – like anger.

Anger wounds are deeply buried; they require time and patience to heal. Anger may feel necessary to prove we're not a pushover anymore or that we're not the same impressionable idiot these days that we used to be.

Socially, we believe anger shows we care; riots and protests are *fuelled* by anger - and so are we.

Feeling angry is a stage of recovery; it's a necessary emotion to feel as you heal. But one day you'll realise that rather than blowing up and raging, you're responding to triggers with observation and compassion - and that, my friend, is emotional freedom!

**Affirmation:**

My anger seeks justice but is a protector, not a destroyer.  
I choose care over chaos.

**Journal Prompts:**

1. What boundary was crossed that sparked my anger?
2. How can I express this anger safely without harming myself or others?
3. What does my anger reveal about what I deeply value?
4. How can I turn this anger into a boundary, not revenge?
5. What restores calm to my body after anger passes?

**Visualisation:**

Picture your anger as a wildfire burning in front of you. Instead of running into it or away from it, you place a protective circle around yourself. With each deep breath, the fire transforms into a controlled flame, a candle in your hand. It no longer destroys but lights your way.

**Conclusion:**

Caring for yourself during episodes of anger means listening to its wisdom, releasing its fire, and reclaiming your peace.

**Final Thought:**

Anger is a teacher. Let it teach you boundaries, not bitterness.