

Alleviate Feelings of Anger and Resentment

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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In this exercise,
I'm going to share a mindfulness exercise
You can use anytime
To help alleviate feelings of anger
And resentment
That may be related to memories and unprocessed energy

Mindfulness has been shown to help reduce anxiety,
depression,
pain,
and fatigue,
improve self-esteem and energy,
increase self-mastery and motivation,
and help with healing and relaxation.

For all these reasons,
it's a wonderful tool for managing anger,
healing resentment,
and setting the stage for forgiveness.

Sometimes it's easy to forget
that anger can be a healthy emotion.

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It can come from a place of wishing things to be better,
Or improved,
Like being angry about the injustices of slave
labor around the world, for example.

Expressing it in healthy ways is useful,
Because bottling up anger numbs your other
feelings as well,
and it wears on your health.

Pretending that you're not mad is inauthentic,
Which people can sense.
And it also has a harmful effect on your health
When it's bottled up inside,
Often just getting hotter or more reactive.

On the other hand,
anger can be an emotional roller coaster
that stresses the body
And can often feel dangerous, destructive,
and scary
For yourself and for others.

There are a few ways to bring mindfulness to anger.

One way
Is to try to defuse anger before there's a big blowup.
See if you can blow off steam along the way.
If you feel anger or frustration building,
Try going for a walk, chatting with a friend,
Breathing fully in and out, or journalling about
how you're feeling.
In other words,
try not to accumulate a buildup of irritation as
your day progresses.

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It's also helpful to bring mindfulness to
learning more about a situation
Before jumping to conclusions.
Sometimes asking questions
or bringing curiosity to what you think you're
angry about
Can lead to the realization
That you may have assumed something is
different than how it actually is,
Or that it wasn't as 'black and white' as you
thought it was.

And finally,
When the emotion of anger is present,
See if you can sense internally, into the softer
emotions beneath anger,
like hurt or fear.

Can you sense these underlying emotions
anywhere in the mind or body?
If so,
Simply and gently acknowledge them
With a sense of kindness,
And remember that these feelings are
absolutely normal.

Stay with the sensations,
Share compassion for yourself,
And wish yourself well.

So with that in mind,
Let's practice these techniques
In a mindfulness exercise together,
That you can do anytime
When you're feeling anger.

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So to begin...

Bring your awareness to
whatever is going on for you
right now.

Give the weight of your body
up to gravity.

Allow your weight to sink into
the points of contact
between your body and the floor,
the chair,
or bed.

What sensations are there right now?

If you notice any tension
or resistance
towards painful
or unpleasant sensations,
gently turn towards them.

Accept them
as best you can.

If you begin to tense around the breath,
then let go a little bit more with each
outbreath.

Soften
into gravity.

Notice any thoughts
as they arise and pass through the mind.

See if you can let them come and go
without being to identify
with their content.

Observe them
as if they were clouds in the sky.

Notice any feelings and emotions
as they arise.

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Can you let these come and go?

Include everything
within your awareness with a kindly
perspective.

Now,
allow your awareness
to gather around the experience of the breath
deep in the body.

Drop your awareness
inside the breath,
and feel the different sensations in the front,
back,
and sides of the torso.

Can you feel your awareness
within the flow and movement of the breath?

Use the breath
to anchor your awareness in the present
moment
breathing in the body,
noticing each inhale
and exhale
again,
and again.

Each time you notice your mind has
wandered,
gently guide the mind back to the breath
deep in the body.

Now,
gently expand your awareness
to include the whole body.

Feel the weight
and shape
of the body
as it sits,
stands,
or lies.

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If you've got any pain
or discomfort,
make sure your awareness
stays open.

Cultivate acceptance or acknowledgment
for all of your experience.

Great. Thank you for your courage to do this
exercise with me.

The more you practice this,
The more you'll be able to defuse anger
And turn it into healthy action and decision making
For the benefit of yourself and others.

So, to recap,

Sometimes it's easy to forget
that anger can be a healthy emotion.
Expressing it in healthy ways is often useful.

Try to defuse anger before there's a big blowup
By blowing off steam along the way.

Also, bring mindfulness to learning more about a situation
Before jumping to conclusions.

And finally,
see if you can sense internally, into the softer emotions beneath anger,
like hurt or fear.

I hope these techniques help you.
Thank you for your mindfulness.

