

Build Resilience to Your Response to Anger

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



Cooling the Fire

Anger is an emotion that may consume you completely, causing you to act in ways that are harmful or unproductive.

When anger arises, the mind can fall victim to harsh thoughts, judgments, and obsessions.

By creating space and responding to your anger with compassionate awareness, you can build resiliency and adjust your anger response.

This exercise offers a way to deal with anger when you're right in the midst of it.

When you notice anger, frustration, or irritation rising, allow the eyes to close.

Know that you are feeling anger.

Do not try to rid yourself of it, talk yourself out of it, or pretend it is not there.

Breathe deeply into the abdomen.

Feel the chest and stomach fill with air and exhale slowly.

When you exhale, make an effort to really empty the lungs.

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Cooling the Fire

Breathe deeply for the first few minutes.

Bring to mind the situation that is causing anger.

When you are new to this practice, it is helpful to work with something that is mildly frustrating, as the feeling of full-on rage may be too overwhelming.

As you tune in to the rising anger in the mind, allow yourself to feel what is happening in the body.

Notice the sensations that indicate anger.

You may feel tension in the shoulders, shallow breathing, a pit in the stomach, or a number of other changes in the body.

Tend to each experience in the body with a compassionate awareness.

Recognize the tension by noting "Tension" and staying with the experience for a few breaths.

Then open your awareness and see what else is occurring in the body.

After 10 minutes of examining anger in the body, switch to awareness of the mind.

Ask yourself what may be underneath the anger or causing it.

There may be feelings of pain, betrayal, wanting to control something, or some perceived lack of safety. If you cannot find something at first, patiently wait to see if anything comes up.

When you do notice something underneath the anger, name it.

If you find that you are hurt, note "Hurt."

Respond with a phrase of compassion, such as "May I learn to care about this pain."

When you finish this practice, take a break to journal.

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Write what you noticed in the body, what you found underneath the anger, and how it felt to try to respond with compassion.

As you continue to experience anger, you will find yourself able to see it with wisdom and patience.

