



Video Transcript

Learn To Navigate Cycle-Related Irritability & Anger

Welcome everyone to today's video. My name is Amy Sargent and this is the wonderful guide goddess and today we're going to talk about how to navigate anger and irritability. So anger and irritability is something that a lot of us women struggle with. You may struggle with an internal sense of irritation, overwhelm, or struggling with random outbursts that feel out of proportion to their external context. These are not just moods. These are messages. They're telling you something. They're a part of your system that are saying, I've had enough. I've had enough of being mistreated. I've had enough of self-neglect, of overextending myself, of doing things for others that aren't actually to do with me. It's a part of your system that loves you, the part of the real you, enough to speak out. Now, with that being said, it doesn't mean that the way that your behavior is externally is in context or appropriate. But it does mean that the part of you underneath, the internal part, needs to begin to be listened to. So let's name what is true. You are allowed to feel anger. You are allowed to feel irritable, and you are allowed to have needs. And sometimes underneath anger, what is actually happening is it's protecting you from the more tender parts underneath. And that could be grief for what you've lost or what you never got. It could be a sense of hopelessness that even if I did speak out my needs, they're not really going to get met anyway. Or it could be fear, fear of being vulnerable, fear of being intimate, fear of abandonment. And at the same time, it can actually be a very strong, solid feeling of, no, this is my boundary, this is my parameter, and I am not okay with what you've just done. So what we want to do when we're starting to navigate and understand anger, rage and irritability is we want to start understanding where it's coming from.

And before we go into that, I want to also add here that, you know, generationally, we as women have been silenced. Anger is one of the key emotions that we have always been told that we're not allowed to feel. And because that's the case, what happens is a sense of self-rejection and abandonment. So we may feel angry about something. We may feel irritable about something. But we don't know what the experience of anger actually feels like in our body and we don't understand how to honour and respect that anger and so we push it down and we keep pushing it down and then all of a sudden something triggers us maybe we're in a certain phase of our cycle or we're feeling a bit tender that day and it explodes but because it's then out of proportion to the external event maybe your partner's you know not done the dishes or something and you're feeling really frustrated with them and you explode and put everything out over the last few months at them. And it feels that like what's going on here? It feels really exaggerated. Then you apologize and the actual situation never really gets resolved because you go into a spiral of shame. So what we want to do here is we want to begin to understand and meet the core feeling of anger so that we're not always focused on its behavior, but where it's really coming from. So let's now go into that then. So how do we start to understand anger? So the first part is we need to start beginning to understand the sensations within the body of when we're experiencing anger. Because remember, all emotions are energy in motion, their physiologically felt as their first core response because actually underneath emotions at their core are instincts. So anger as an emotion is expressing to you, this is me. This is my autonomy. And the more we can like core in a pure way connect to our anger, we begin to understand that as a boundary. So what are the sensations that you will feel when you start feeling angry? You might feel tension behind the eyes, tension in the jaw, you might clench your fists, you might feel a surge of heat in your whole body or energy running up the spine, or you may feel this real deep sense of urgency that you have to say something and you have to say it now. All of these are signals and signs that you are feeling angry. So they are things that you can initially begin to take note of. Now, what we want to do then is we can utilize, depending on how physiologically charged you feel, you can do two options. You can either journal or you can begin to do physiological movements. So we'll start with the movements. If you're feeling really charged, you can begin to jump, run, shout, move. There is another video that you can also watch that is related to the specific expunging of the charge of anger. But then once you've moved through that initial physiological charge and what we call the emotional hijacking, where your brain is not in its social state anymore, Then you can also begin to do some journaling and ask yourself, is there something this anger is trying to protect? Is there a boundary that's been crossed? Or is there a need that is not being met? And again, we're not looking at connecting this to a person externally. We're trying to initially, as we're beginning to navigate and get to know our anger, bring it inwards. Where is this really coming from. Because if you haven't heard the same before, if it's hysterical, then it's normally historical. You

know, you're not going to blow up in a rage really at the dishes. It's going to be about something else that's underneath, even if it's just self-neglect and abandonment. So what I would like to do now is I would like us to go into a form of visualization to begin to allow you to get to know your own rage and anger. Now, as a prerequisite before we go in, if you haven't connected to, particularly your rage, if you've struggled with rage, then I want you to take a moment to acknowledge that this may be very challenging to meet this part of yourself. There may be a lot of name, self-judgment. And so if as we're doing this, you are feeling overwhelmed, it feels too much, take a step back, open your eyes, have a look at what's around you, go and get a drink of water, do some breath and ground yourself back into this moment because this isn't about judging the anger. It's about understand where it's coming from. So you can meet and move through your anger in a healthy way and allow it to support your confidence and autonomy rather than being detrimental to you. So begin to bring your attention to your breath. You can, if you choose, place both hands on your chest as this will anchor you into your body.

And just Allow yourself to become aware of how you're breathing.

Notice if there's any resistance to breathing deeper.

And if you are currently feeling angry, you will find that your breath may be a lot more shallow. So just with kindness and gentleness just speak to your body remind it how safe it is in this moment you

can say to yourself i am allowed to breathe i am allowed to be here

it is safe for me to feel,

I am allowed to soften.

My anger is valid.

And if any of these words that I have just spoken resonate, then just for the next 30 seconds, Repeat in this mantra in your mind as you continue to breathe, allowing your body to be prepared as we go into this visual.

I am allowed to feel my
anger is valid.

It is safe for me to soften.

Now from here,

I want you to begin to bring to mind a moment where you have raged, where you haven't had control of your angry response.

And as you bring this memory to mind, I want you to begin to imagine yourself as the observer stepping into this memory and looking at yourself, behaving in rage.

Again, be kind. This isn't about judging or shaming yourself. we're going in here to begin to understand where it's really coming from.

So you can, as you do this, you can begin to give yourself a hug if this supports and helps you to move through this.

But as you move in, begin to look at yourself. Observe what you look like externally.

How are you holding yourself in this rage?
Are your fists scrunched up? Are your shoulders turned inwards?
Do you look exhausted, fiery,
overwhelmed?
Just take note of how you're holding yourself.
And then from here begin to go inwards and notice how you feel looking at this part of yourself. Notice if there is shame that comes up that you shouldn't be this way? Or if there's fear that you feel out of control or maybe like a monster?
Just take note of the judgments that arise as you observe yourself because these are messages as to what is keeping you bound and not accepting and moving through your anger.
And now from here we want to begin to start that dialogue with this part of yourself. Again, this is a brave endeavour and you don't know what may come up. So be compassionate with yourself and if you need to open your eyes, do it. Just begin to ask.
Is there something this anger is protecting,
trusting what comes through? Whether it's sensation,
another memory, a word or a picture.
And then ask yourself, is there a need that hasn't been met here?
Again, if there is and it's been hidden for a long time, this can feel very painful. So just acknowledge with deep compassion.
You can even ask yourself in this question, how old do I really feel here?
How old is this anger?
And then asking yourself one last question,
is there a boundary that has been crossed?
And again, just notice in what's coming up. You might find a sense of helplessness, the fact that you don't feel your boundaries will ever get met, or there might be a need to communicate and a struggle to actually communicate in a healthy manner. There's no shame in that. It's all about learning.
And then just ask yourself as you've created this dialogue. If there's anything that your younger self may want to say to you or anything that this part of yourself feels like it needs to express and just trust what comes up
and now this is an invitation So you don't have to do this, but I ask you to ask this part of yourself if she would like to stay with you and build a relationship with you. And if it's a yes, you can imagine placing your hands out or you can physically place your hands out. Imagine taking her hands.
And then you can imagine bringing her into your heart and placing your hands on your heart. Imagine anchoring her in as a sign that from now on,
I will not self-abandon when I feel angry. I will not shame or judge myself for feeling angry.
I will begin to understand where my anger is coming from and learn healthy ways to communicate, not as my anger, but from it, trusting that my boundaries deserve to be expressed,

that I am allowed to have needs,
and that my anger is not my enemy, but actually one of my greatest companions.
Just take these last few moments to integrate and
stay goodbye to this part of yourself as you place her in your heart if you have
chosen.

And then slowly, when you're ready,
just begin to bring your attention back to your breath,
back to your body,
slowly Wiggling your toes or rolling your shoulders and coming back to this present
moment. Opening your eyes.

Well done. You've just taken a journey to begin to build a relationship with your
anger. I encourage you to get a journal and pen and just begin to write out what's
come up for you. It may feel at the moment just like random internal symbols and
things don't feel like they fully pieced together. That's okay. It's a real journey
to begin to build a healthy relationship with your anger. Be kind and compassionate
to yourself and know that your external behaviours are not a reflection of the
validity of your anger. We can change behaviours, but we must honour how we feel.
And my name is Amy Sturgeon and this is the wonderful Gaia goddess. Thank you so
much for watching today.