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## Breaking the Anger-Release Cycle

You may want to notice how you create situations as a way to release your anger. Notice how repeating your story of how bad things are keeps the anger cycle going. Realize that no one wants to hear your litany of woes. Others might start to disconnect from you when you indulge in this behavior, which gives you permission to release even more anger.

### **Anger Releasing**

Two dangers can occur when working with anger. Expressing it brings only temporary relief and often hurts others. Repressing it, meanwhile, can cause illness, depression, and anxiety. Another different, more productive, way to work with anger is to concentrate on it, noticing how it affects your body and tracking any occurring shifts. Staring at a blank wall for 5 minutes can quicken the process, if you can stick with it. There is value in concentrating on the sensations of anger itself - not the cause of it.

### **Shame Awareness**

Watch when shame - or a feeling of unworthiness - comes up. Work to heal that Shame by reaching out to a trusted friend to express your shame, talking to yourself as he would have loved one, releasing others' opinions of you, and sending love to yourself and your body. If you frequently tell yourself that you are worthy, you will most likely will begin to believe it.

