



PAGE RAGE

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This is an effective way of releasing the charge around feelings about anyone or anything that has made you angry but that you have not been able to express or process safely.

In order to do this, make sure you have some quiet time and space and have nothing important to do afterwards. Have some paper and pens on hand. Allow yourself to actively engage with the the issue and let your feelings surface. Don't rush this.

When you feel like the feelings are very present, begin writing. This is not journaling; it is not a diary entry, or a letter. It is a release. So write without thinking or noticing what you are writing. Try not to look at the page. You are using the pen like a lance to safely express and drain any volatile feelings that have had no previous expression.

It is important not to think or censor what you are writing. This gives you permission to be mean, silly, nonsensical and unfair, without judgment. While the energy is there, keep the pen in motion until you are done. When you are finished, the energy will feel spent.

Do not read back what you have written. Either rip, tear, stomp, throw or burn the paper. The important thing here is to dispose of the paper with energy.

Note

This is a release but it can leave you feeling quite flat, so make sure you have time around this process