

## Physical Expressions of Anger

There is value in having the capacity to express tension and anger in our bodies. As humans, we hold anger in our jaws, legs, pelvic areas, and shoulders. Our bodies become physically exhausted and sore from carrying these negative emotions. It is important to know the various ways in which we can physically release our anger. While physical expression does not have to occur with every negative emotion felt, it is good to scream, curse, hit, twist, and kick objects (safely) in order to release these emotions.

### Guidelines to Physical Expressions of Anger



#### **Agree to Boundaries**

*Engage in releasing behaviors—hit a pillow, twist a towel, yell from chest, and speak freely. Set a time limit.*

#### **Get Permission**

*Decide if you are in a safe place to engage in physical expression.*

#### **Talk About It**

*Understand the emotions released. Dialogue with a trusted friend, if needed.*

#### Questions for Reflection:

1. When is it appropriate to express physical expressions of anger?
2. What emotions make it necessary for me to express physical expressions of anger?
3. What would I say and do during my physical expressions of anger?
4. How would I feel after physically expressing my anger?
5. Why is it important to partake in physical expressions of anger?