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Inspired & Empowered Living™

### **Clearing Emotions**

As you clear, feel, and heal your emotions, the healthier you will be. My motto is to heal you need to feel. Blocked emotions can create energetic blocks in the body and contribute to physical and mental symptoms. There are five main types of emotional states and all other feelings occur from these main five. They are joy, sadness, anger, fear, and disgust which includes shame and guilt. Doing emotional release work, inner child work, and EFT and just allowing yourself to feel and express your emotions in healthy ways is an important facet of creating health and the life you want. Healthy expressions of emotions are allowing yourself to feel whatever it is you are experiencing as long as you are not hurting yourself, anyone else or the environment. One of the feelings many people have difficulty expressing in healthy ways is anger. Learning to do emotional release by hitting pillows to let out the anger or intend that when you exercise you are releasing the energy from your body.

When you feel anger or another emotion in reaction to something that someone said or did or to an event or situation occurring, you are being triggered and reacting. Having the power of choice empowers you to make choices of what to do when others trigger you. A healthy way of handling your reaction would be to not engage with the person until you have processed what is triggering you. Once you do and have the awareness of what is happening for you, you can then choose to respond with appropriate action. When we react we will tend to act out emotions or act in them which I will describe in more detail later in this handout. So by asking for help and support or doing emotional release work, you are taking actions that will empower you. Then you can choose what the next right action will be.

ER work is Connecting with your body – experiencing the sensations – connecting with the feelings – and allowing yourself to feel what is there!!!!

We have learned about emotions from our parents, environment and our culture. We learned what feelings if any were OK and what were not acceptable to feel and how to react in order to survive in our families.

Learning how to clear yourself when you have been “triggered” by someone or a situation. I define “trigger” as when you feel and react immediately to a person or situation such as if someone triggers you feeling angry. No matter what they did you are reacting what happened because of your own experience. Once you clear the energy you, you can then choose how you want to respond. It is empowering to respond in a healthy way. If you clear it within yourself, you don’t care about the relationship then you may choose not to say anything. However, if you are in a relationship with a person and they trigger an intense feeling know that it is something that has been triggered from your past. Again once you clear that energy then you can choose to talk about it with them in a healthy appropriate way. In fact, if the relationship is important to

you and you feel an energy blocking it, then it is very important to express yourself in a healthy appropriate way to heal the relationship or have more intimacy.

For ex. – Someone you text asks you why did you do that? You immediately interpret why are they accusing me or blaming me... instead of finding out what they really meant. And often it was a question of wanting to know more not accusing you but you went into feeling accused.

Learning to know yourself and understand your patterns and then choose something different is healthy!

Allowing yourself to feel your feeling is essential to being a healthy person. The energy of feelings can and has gotten stuck in the cells of your body and it is part of the reason patterns continue to occur. It is essential to release these stuck emotions in order to heal and move forward in your life. In order to create the relationships, the health, the money and the success you want, you must allow yourself to feel!

Allowing yourself to feel all your feelings is critical. Again all feelings step from either fear, sadness, anger, joy, or disgust which includes shame or guilt. One of the most misunderstood emotions is anger. Many of us learned anger is scary and unsafe.

Here is a quote from ***The Anger Solution* by John Lee.**

*Anger is a fact of life that affects everyone, some more than others. We all have been angry or been around those who are angry, and most of us have thought that the world would be better off with this emotion., But here's the real truth: Anger is not your enemy, In fact, it can be your ally – one that can save your relationship, your job, and your peace of mind. Anger can heal relationships of all kinds, creating greater closeness and intimacy.*

*Once you learn how to express anger appropriately you will see that it can "clear the air", tear down walls of misunderstanding, and , most of all, not hurt anyone (including yourself). Perhaps you have had very little, if any, experience with appropriate expressions of anger. You may even believe it isn't possible.*

**I say it is possible!**

It takes work. The first step is awareness. Then you need to own your part of the equation. And finally the third step is learning how to handle it, how to process it, and then how to communicate it.

Anger sometimes is different for the sexes. In men it may be the go to emotion instead of other feelings. And for many women it has not been OK to feel angry. If they get angry and express, they are seen as a bitch.

Feelings are energy and sometimes intense energy that wants and needs to be expressed but it is crucial to learn how to do it in a healthy way.

There are two kinds of anger. One is instinctual and it is protective anger such as the mother bear that protects it's young such as when there is immediate danger or perhaps your boundaries are being violated. It is still not healthy to act out unless you are being harmed in the moment.

The other kind of anger I call reactive anger. This anger is when you react to an action of someone else or yourself such as your boundaries are being violated, or there is an unmet expectation and underneath the anger is usually hurt and/or disappointment. This anger is a cover for other feelings that are underneath and is also a signal that there may be unmet needs in a relationship.

However, whatever type of anger you have it can be channeled in healthy ways. Anger is there to give us feedback and information in order to take action that can and will support and enhance our lives if we take appropriate action.

Constructive use of anger can empower you and help you take actions that will help yourself and others. It is really an emotion when channeled in a healthy way can be vital for energy and moving forward toward our dreams. Some people have taken the energy of anger at someone who may have murdered a loved one, or when someone they love has passed from a disease and they create foundations to help others. Those are examples of how anger channeled in a healthy way can change lives!

Or when you take an empowered action that will make a change in your life such as leaving an unhealthy situation or ending an unhealthy relationship.

Destructive anger is scary and is called rage which is violent and threatening and can be dangerous and life threatening anger. When this anger is unexpressed or acted out it will erode relationships including the relationship with yourself.

There are three kinds of unhealthy anger. The first is anger that is **acted out**. It is aggressive and violent and becomes rage. The ultimate acting out of anger is murder. However hitting, screaming, yelling, blaming, shaming, criticism, judging, preaching, d teaching, manipulation, control, lies, sabotage, and even sarcasm ( oh I was only kidding – no) are all forms of acting out anger. Even the tone of voice, or a certain look or even the silent treatment and anytime you withhold love and attention are also ways of acting out anger.

The next type of anger is **passive aggressive anger** such as when you are forgetting, not doing something you said you would.

Then there is **acting in anger**. This is when you take anger and rage and internalize it. The ultimate of this is suicide. Other forms of acting in anger are depression, anxiety, addictions, self –destructive activities, accident prone, and self-sabotage.

**When you have expressed anger in an unhealthy way, you usually feel shame and guilt.**

First know it is normal to become triggered, everyone does but it's how you handle the anger that counts.

Healthy anger is when you are able to express it in a healthy and appropriate way so the other person can hear you.

Current anger is when you feel angered and the level of anger is appropriate to the situation. However, if you find you become triggered and have intense anger that is out of proportion to the situation than you know it is from your past. Usually when you become enraged or intensely triggered then sometimes it is a reaction to long time unexpressed emotional or physical needs that have not been met. Learning to be able to become aware when a need isn't met or a boundary has been crossed and then being able to express to the other person your needs or the boundary you need to set and you want to do it before the anger escalates for you.

Sometimes you get triggered and it's a reaction to something someone did that is triggering the anger you felt back when you were a child but were unable to express back then.

First become aware you have become triggered.

If you feel intense anger, BREATHE. In fact learning to breathe through all your feelings especially when in a feeling or you have an intense reaction. Usually we shut down and breath shallowly so by breathing it helps you calm down and release the energy.

If you react and become enraged, DO NOT ENGAGE THE PERSON. You could say or do something that could harm the relationship such as saying something to the other person that really hurts them and erodes the relationship.

Take time to process and get in touch with what the issue or issues were that triggered you. If you need to reach out for support and get help to process what is going on for you.

Then if you need to do Emotional Release work in a safe and healthy way which is not hurting yourself, someone else or the environment such as doing pillow work, towel twisting, or exercising out your anger. Intend to release your anger while you are exercising.

When you have expressed and released in a healthy way you will find you usually can calm down. Depending on the situation you may continue to need to do this work on a regular basis.

Then once you have released and you become clearer what has been triggered you, you can then choose to communicate to the other person or not. Sometimes you may choose not to and it was more important for you to get what was triggering you. Learning to trust yourself and your intuition of what is the right action is for you at this time. Once you calm down then you can become clearer what right action is. Maybe with a co-worker etc. you may need to just set your boundary. If you are in an intimate and important relationship you may choose to express. Again as I said before, it would be important to express to keep the relationship healthy and to increase intimacy.

A healthy way is owing your piece and not blaming or shaming them but

When you did this .....I felt .....

Or I felt.... When you .....

If someone is raging at you , DO NOT ENGAGE THEM because that could escalate the interaction. So set a boundary.

For example, "If you do not calm down I will leave the room or hang up the phone."

If they don't calm down, then leave and do what you need to do to protect and take care of yourself. If there is a violent situation and you fear being hurt, get out immediately and call 911 if necessary!

Know that you can change how you react or respond to anger and rage and that you can change and it will change your life and your relationships.

### **Steps to Emotional Release Work:**

1 – Feel breath & feet on floor

2 – Notice what is going on in your body –

a. general

b. if there is a specific issue you are working on

3 – Notice the sensations which are different than feelings.

Sensations are hot, cold, heaviness, lightness, or a feeling of tightness.

Often could be nauseous or a feeling butterflies in your gut, tightness in your throat etc. Usually a tightness or constriction are unexpressed feelings.

4 – Connect with sensations and focus on it and go into it,

ex. Tightness in your throat

5 – So go into your throat and allow any feelings that are coming up. You may feel a sadness and you feel it around your throat and eyes. Just allow the feeling to come up and let yourself cry.

Or perhaps you feel the sensation of your jaw being tight you go into it and become aware of anger.

Feeling it throughout your body. Let it come and release it in a **safe** way.

Not hurting yourself, the environment or someone else!!!!

6 – Release and feel the anger - punch a pillow, twist a towel , scream or scream into a pillow – most important BREATH through it.

Feel the fear – shake it out, breath through it.

7 – Then become aware of your body again – now what do you feel?

8 –Often clients then feel a deep sense of peace or relief in their body.

9 – Sometimes you may notice a sensation in another place in your body which means another feeling is coming up.

10 – I say to my clients it's coming up for healing.

11 – **Caution:** If at any time you feel overwhelmed or scared or are going into a deep dark place you NEED SUPPORT. Reach out to a if you need support to get through something. You need help to resolve and heal the trauma.

Please share with me what comes up for you. You may also want to wait until our next session to do anymore work. Also know most of us need support to do so. To go deeper than we usually can we need the support of a therapist or coach who can point out places or things we may not see or be aware of.

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