

WOMEN!

SAY, "YES I CAN" TO ANGER

An Introductory Course



BETSY KEATS, M.A.
COUNSELING / PSYCHOLOGY

WELCOME!

Hi, I'm Betsy Keats, the creator and facilitator of this course entitled *Women! Say, "Yes I Can" to Anger*.

All of our emotions are legitimate: sadness, fear, anxiety, jealousy, as well as anger.

Unfortunately, as women we are socialized from an early age, to stifle our anger, often at a great cost to us.

As women, we tend to deny anger because of societal and gender expectations and biases, early messages from parents, teachers, other adults in our lives, our core beliefs, and the media.

If we don't explore our early conditioning and core beliefs around expressing anger, we continue to act on this early conditioning into adulthood.

If we don't give ourselves permission to be angry, the anger does not go away. It has to go somewhere, and it is channeled into more socially acceptable behavior.

These behaviors are often damaging to our sense of self. And in some instances, can be dangerous to us, both psychologically and physically.

I've created this course, and the writing exercises placed throughout, to introduce you to important concepts and strategies you can use to explore your particular relationship with anger, so that you can learn how to express your needs in healthy, self-affirming, self-empowering and transformative ways.

If you would like to contact me to discuss any aspects of this course, talk about your counseling goals, and how I may be of help to you, please schedule a free 15 minute consultation with me here: <https://my.timetrade.com/book/KH87S>.

Sincerely,

Betsy

Before we begin, here is a question for you to reflect on:

Why did you enroll in this course and what do you hope to get from it?

HERE'S WHAT WE'LL DIVE INTO TODAY



WRITING EXERCISE: REACTION TO THE WORD A N G E R

WHAT IS ANGER?

ANGER FOR GOOD

Some of the ways anger can lead to good in our lives:

ANGER AS PROTECTION

Anger can provide protection:

For Reflection: Have you experienced times in your life that anger was "good"?

ANGER CAN CAUSE DAMAGE

The negative effects of anger:

For Reflection: What do you think the difference is between strong anger and toxic anger?



CORE BELIEFS ABOUT ANGER

Where our core beliefs come from:

Why it is important to know that our core beliefs are formed when we are young children:

If we don't question those childhood core beliefs:



WRITING EXERCISE: CORE BELIEFS ABOUT ANGER

Some examples of core beliefs about anger that many women have:

For Reflection: Can you identify where (who) your core beliefs came from in your life?

HOW WOMEN DEAL WITH ANGER

Early conditioning we receive as young girls:

The results of denying our right to be angry:

Coping mechanisms women use to avoid anger:

When we as women aren't allowed to express our anger, we can end up feeling:

Women question their anger:

Negative terms for women when they express anger:

For Reflection: Have you ever been called one or more of those names? How did it make you feel?

For Reflection: Have you ever considered the idea that there are so many negative words for angry women and none for angry men? How do you feel about that?

ANGER IS TABOO FOR WOMEN:

Why are angry women considered so threatening?



WRITING EXERCISE: DEALING WITH ANGER

“Unexpressed anger is the single most significant block to a woman's empowerment.”

**Lois Frankel,
Author of Women, Anger and Depression**

MEN AND ANGER

Men often express anger to cover other feelings:

“Countless men deal with their vulnerability by transferring vulnerable feelings to feelings of anger. The anger then serves to ‘prove’ that they are not, in fact, vulnerable, which would imply they are not man enough to take the pressure.”

**Jackson Katz,
Author of The Macho Paradox**

POSSIBLE PHYSICAL ISSUES ASSOCIATED WITH ANGER

6 STYLES OF ANGER THAT DO NOT SERVE YOU

1. _____

If this is your primary style of expressing anger, here are some things you can work on:

2. _____

If this is your primary style of expressing anger, here are some things you can work on:

3. _____

If this is your primary style of expressing anger, here are some things you can work on:

4. _____

If this is your primary style of expressing anger, here are some things you can work on:

5. _____

If this is your primary style of expressing anger, here are some things you can work on:

6. _____

If this is your primary style of expressing anger, here are some things you can work on:



WRITING EXERCISE: 6 STYLES OF ANGER

GET FAMILIAR WITH YOUR ANGER

Practice noticing:

Are you uncomfortable with your anger?

What prevents you from expressing anger? Common reasons:

For Reflection: What are two main reasons you don't express your anger at times? What do you worry about happening?

VISUALIZE HOW YOU WANT TO HANDLE YOUR ANGER:

"Women should be angry about the violence and fear that inform so much of our lives. Anger is the emotion that best protects us against danger, unfairness, and injustice."

Understanding it and learning to think about its methodical uses in response to threats like these allows girls and women to move from passivity, fear, and withdrawal to awareness, engagement and change."

Soraya Chemaly, Author of *Rage Becomes Her*

MOVING FORWARD – WHAT’S NEXT?

Do you have questions about anything in the video or workbook? Please let me know and I will be happy to talk with you about whatever clarifications you need. Email me: Bkempower1@gmail.com

Would you like to work together? Working with a counselor can be very helpful to resolve your specific concerns related to anger.

As a counselor, I have worked with many women one on one concerning their anger issues. We can explore your core beliefs around anger and create a plan together that will focus on tools to help you feel confident and empowered to feel and express anger in healthy ways.

Whatever your issues are: discomfort or fear of expressing anger, not knowing how to relate or respond to an angry co-worker, friend, or partner, understanding how to transform any style of anger expression, or something else.

I can help you implement strategies that will bring you the success you want.

SOURCES & RECOMMENDED RESOURCES

Books:

The Dance Of Anger- Harriet Lerner
Rage Becomes Her - Soraya Chemaly
Women, Anger & Depression - Lois Frankel

Articles:

"Our Culture is Wrong: Anger is a Healthy, Good, and Necessary Thing" by Brooke Meredith
"Knowing Your Anger Style Will Help You To Finally Manage It Better- Here's How" by Jenna McCarthy
"Men And Anger" by Avrum Weiss

Workshops On Anger presented by Michelle Warren, LMSW and also by Equilla Luke Johnson and Harry Klinefelter

MEET BETSY

As a result of childhood trauma, I've been on a healing journey for most of my adult life. I've come to a place of joy and balance. There are days this just feel miraculous - I am not the woman I was at 20.



One interesting outcome of having been through these experiences is that I have hope for everyone. Every single person can express her authentic self, her sense of expansive self-empowerment, enormous strength, and great intelligence, free of feeling she is not enough.

It is a gift for me to have the opportunity to work with other women who may have had similar challenges with childhood trauma or with dysfunctional family situations.

I have also dedicated myself to support those who have self-esteem issues that have affected their sense of self-worth.

Because of my own healing, I know beyond a doubt that you can heal too.

The depth of understanding that I bring to our work together enables you to know you have a companion on this journey. As your companion and guide, I support you in building self-esteem and self-love, the essential ingredients.

As you move through the barriers to creating joy and balance, you will step into in the life that you want and deserve.

Schedule your complimentary quick chat with me [HERE](#). Click the link on my [website](#) to be taken right to my scheduling calendar so you can find a day and time that works for you. I look forward to talking with you soon!

