



**Deep Release Online**  
*Professional Training for Counsellors*

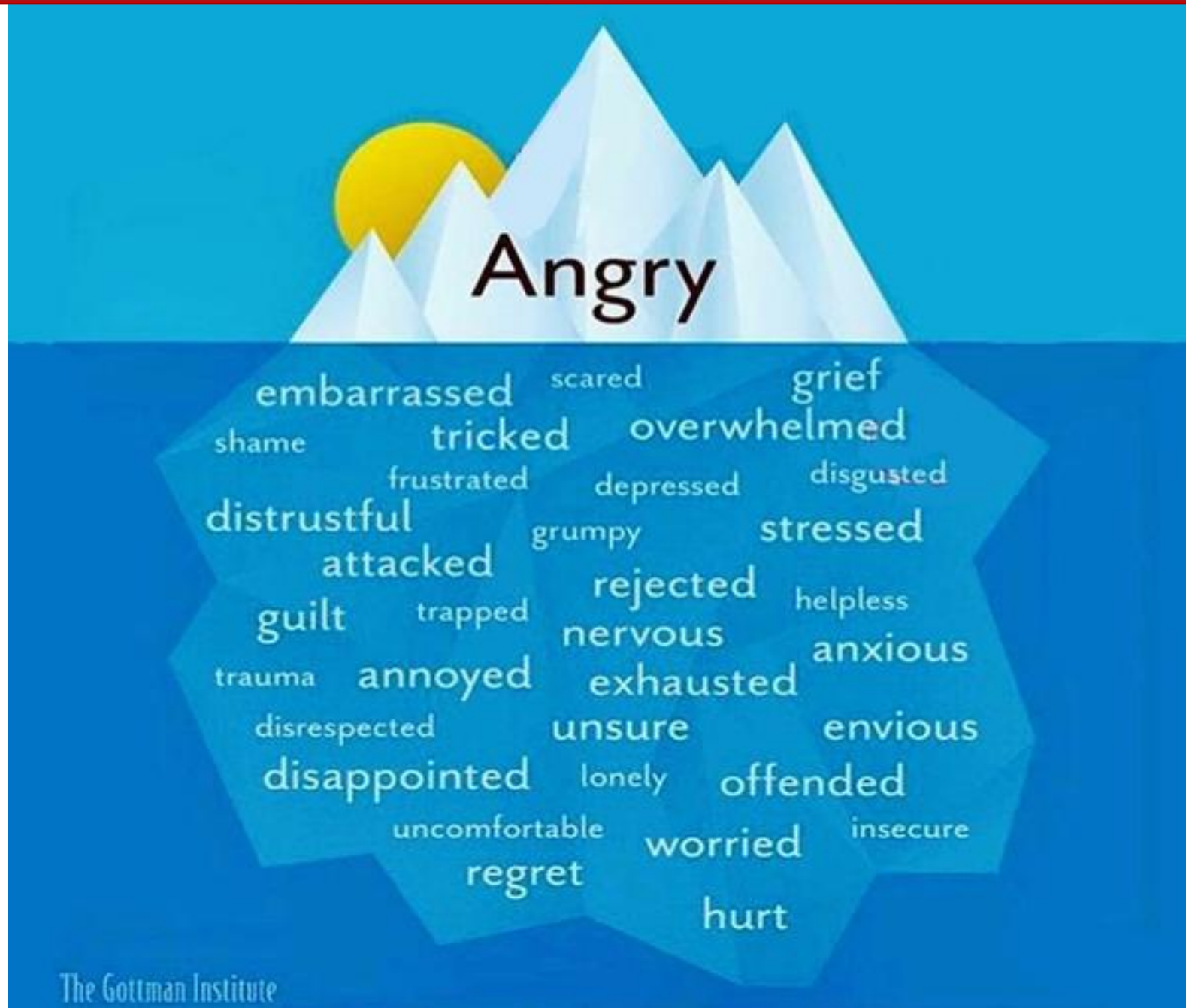
The background is a highly expressive, abstract painting. It features a central, somewhat recognizable face or mask-like form. The colors are vibrant and swirling, with a strong red glow emanating from the center of the face. The overall effect is one of intense energy and emotional depth.

## **Working Creatively with Blocked Anger**

**Pauline Andrew**



# THE ANGER ICEBERG



The Gottman Institute

The Gottman Institute  
Drs John and Julie  
Gottman  
*Used with permission*

# THE ANGER ICEBERG - revisited

ashamed  
**scared**  
*helpless*  
disgusted  
stressed worried rejected depressed  
nervous grumpy  
disappointed embarrassed  
*trapped* **uncomfortable**  
exhausted **hurt** distrustful overwhelmed  
*grief-stricken* **disrespected** *frustrated*  
guilty

**angry**

**Fear of anger**

**Anger is  
destructive**

**Anger turned  
inwards**

**I'm angry  
with myself**

**Righteous anger**

**I'm only  
angry with  
injustice**

**Sad  
Depressed  
Scared  
Numb  
Anxious  
Ashamed  
Unwell**

**Denial of anger**

**I'm not  
angry**

**Leaking anger**

**I can be  
irritable**



**ANGER IS ENERGY**

**ENERGY CANNOT BE  
DESTROYED**

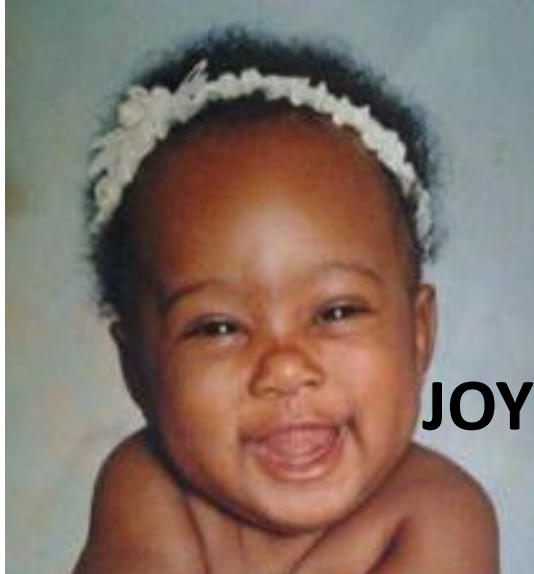
**IT CAN ONLY BE  
TRANSFORMED**



# PRIMARY EMOTIONS

Appear in early development

Don't rely on self-consciousness or introspection



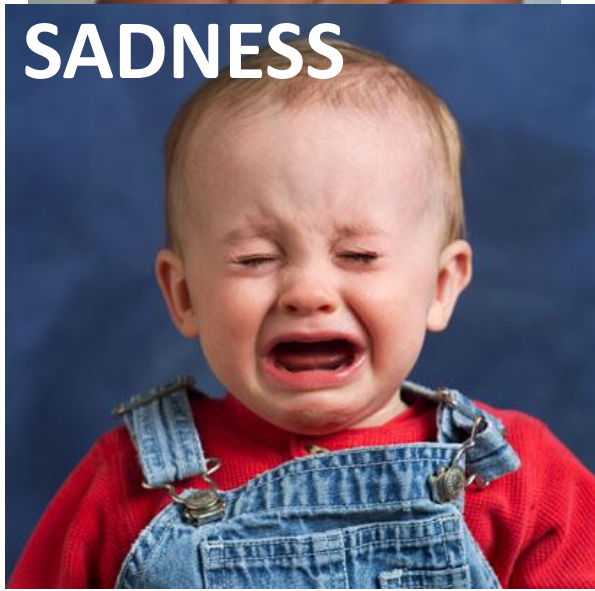
**JOY**



**ANGER**



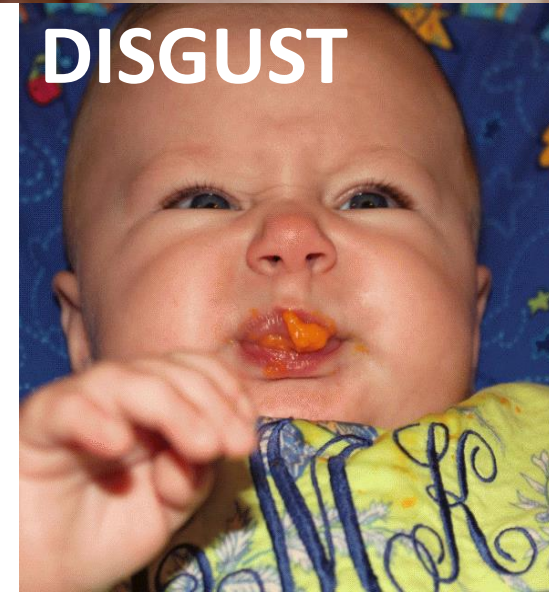
**FEAR**



**SADNESS**



**SURPRISE**



**DISGUST**

# SECONDARY EMOTIONS

## Self-conscious

We compare our actions against our standards and beliefs

**Shame**

**Jealousy**

**Guilt**

**Envy**



**Embarrassment**

**Life  
Position**



# MESSAGES FROM CHILDHOOD





# ATTITUDES TO ANGER



***“Get over it...  
turn the page...  
move on...”***



***“Oh, lighten up!  
I was only joking!  
Where’s your sense  
of humour gone...?”***



***“Stop right  
there... It’s  
not nice to get  
angry...”***



***“I’m not angry  
with you... just  
disappointed...”***

# LEAKING ANGER

Sarcasm

Gossip



Apathy

Sabotage



Belittling

Sniping

Nit-picking



Non-participation

*"I'm having a bad day..."*

*I'm stressed..."*

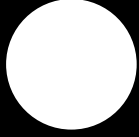
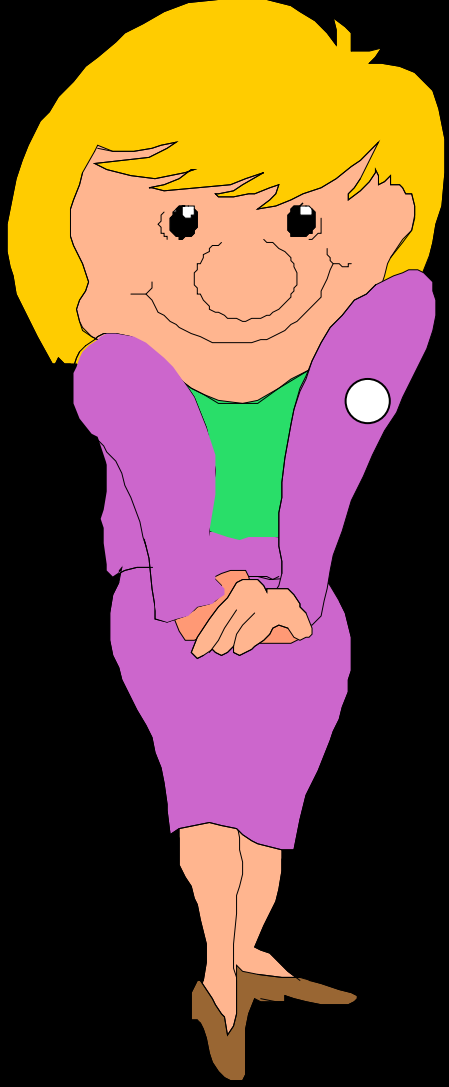
*I'm fed up..."*



# A SHAKY START









# UNFINISHED BUSINESS



**Welcome!  
Do come  
in!**



# CHOOSING YOUR ANGER STYLE

How I don't want  
my anger to be



How I do want  
my anger to be





# ANGER BOXES



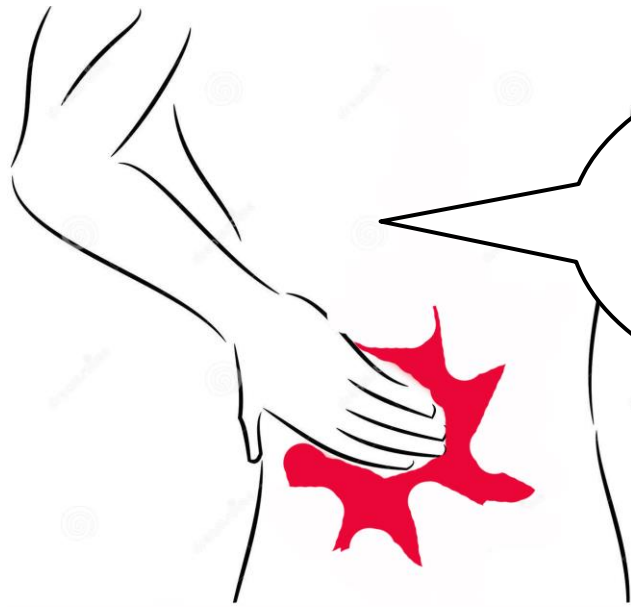


# SOMATISING ANGER

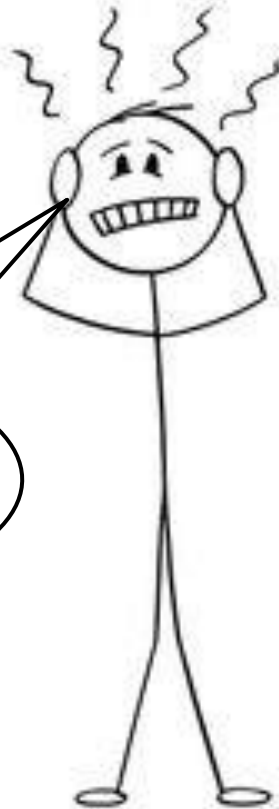




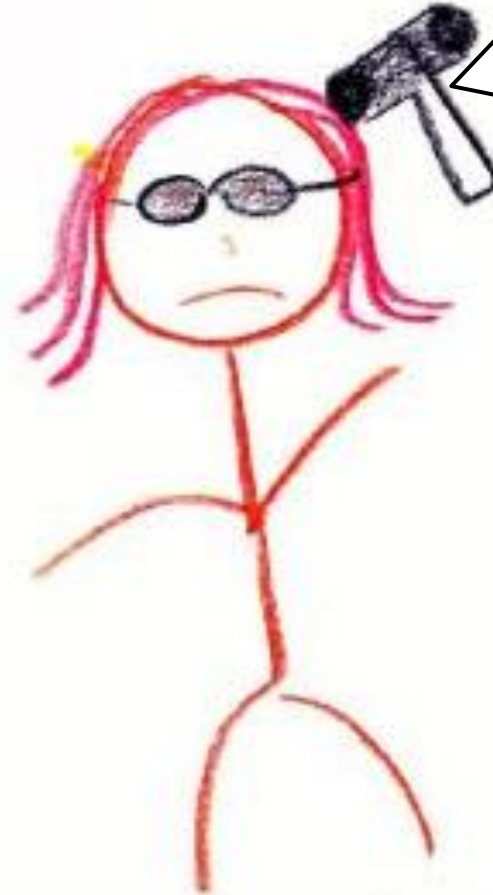
# WHAT IS YOUR PAIN / STRESS / TENSION SAYING?



*It hurts to move  
but I've got to  
keep going*



*This is too  
much!*



*You need  
some sense  
knocking  
into you!*



**Your body hears  
everything your mind  
says**



# How Our Brains Work

## The Brain Stem and Cerebellum

- Basic body functions
  - Unconscious reflexes – hunger, fear, panic
  - Fight - Flight - Freeze
- The **survival** brain (gut)*

## The Limbic System

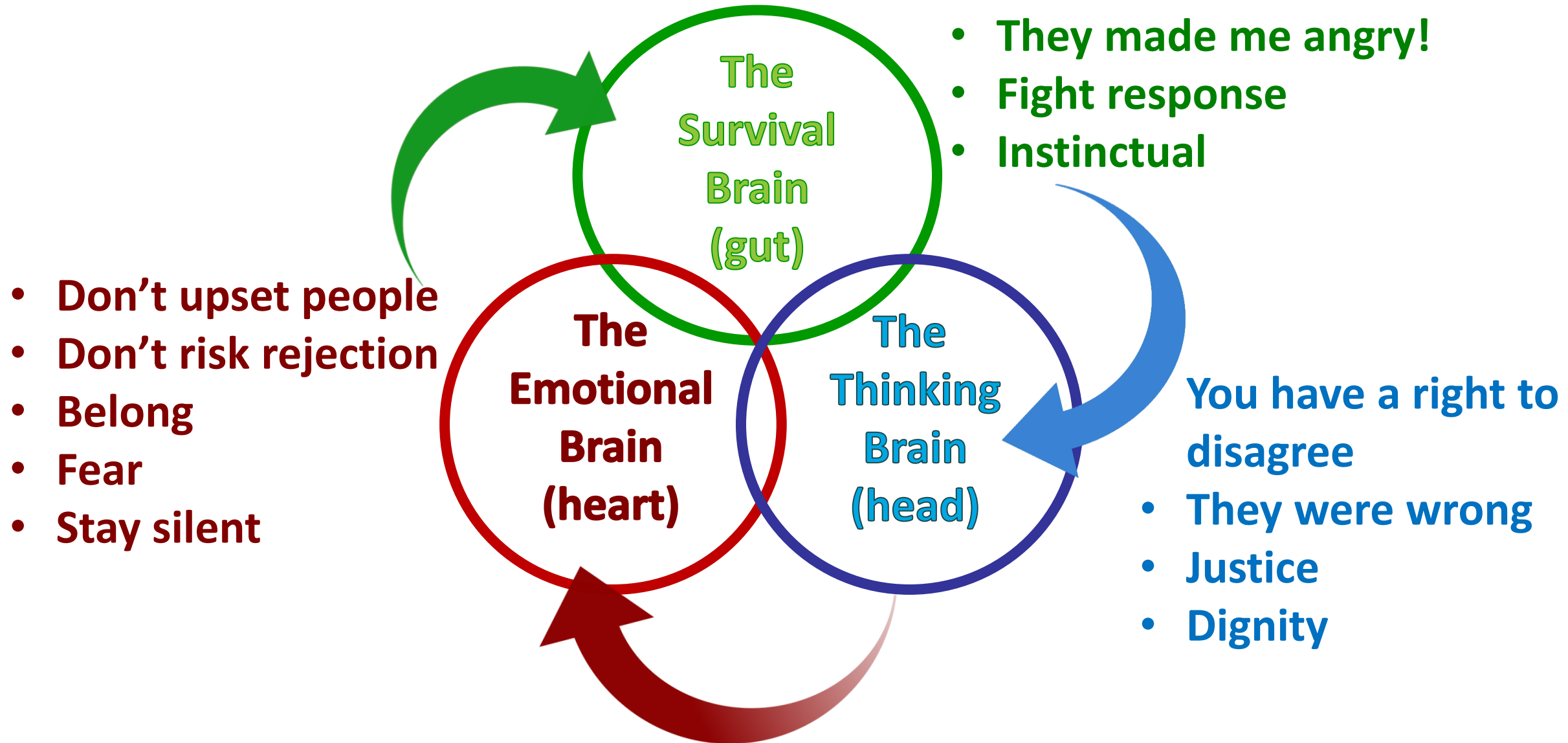
- Seek connection
- Strengthen relationships
- Attachment
- Affection/Loyalty
- Survival

*The **emotional** brain (heart)*

## The Neo-Cortex

- Logic
  - Language
  - Critical analysis
  - Independent self
- The **thinking** Brain (head)*

# How Our Brains Work





## THE “FOURTH BRAIN”

### The Enteric Nervous System

One hundred million nerve cells  
in your guts!



## THE “FIFTH BRAIN”

### The Cardiac Nervous System

40,000 nerve cells – *it's heartfelt!*









**IT'S EASIER TO BE SAD**



IT'S EASIER TO SAY "I DON'T CARE..."





# ANGER IS AN ATTACHMENT ISSUE



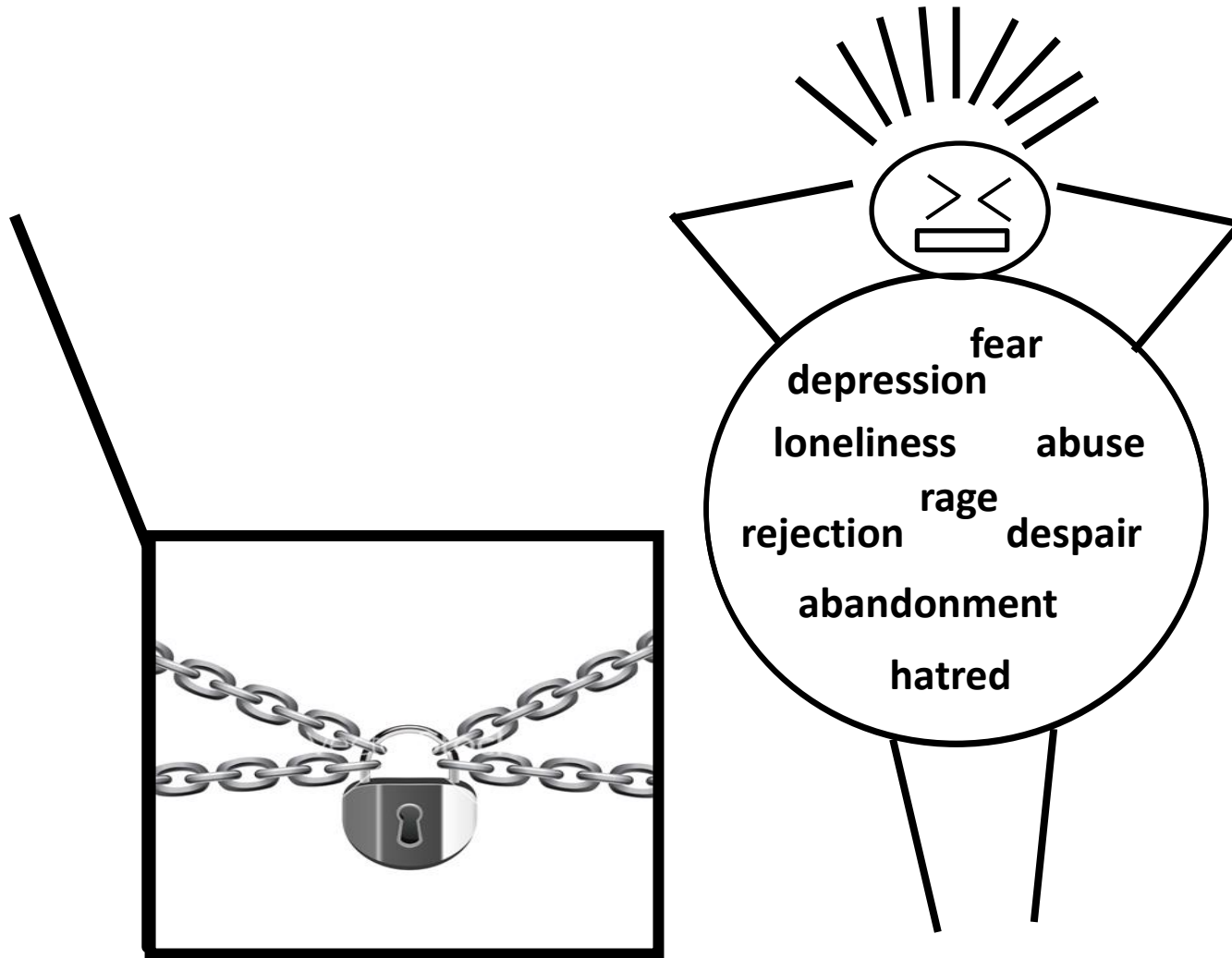
# BOTTLED UP

***When we are not  
helped to process  
unbearable feelings  
we are left to  
manage them....***

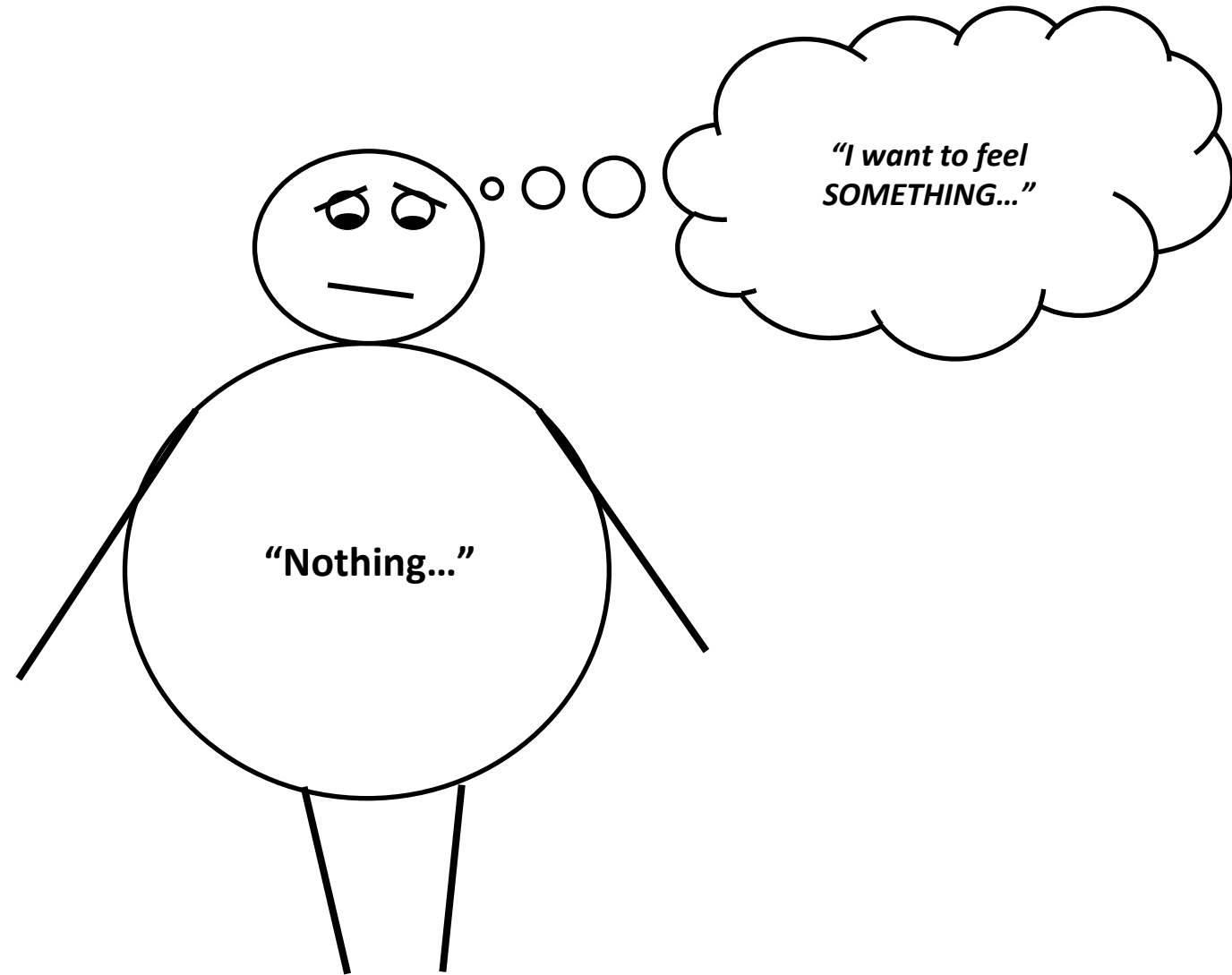




# I CAN'T BE ANGRY



# HELP....





# THE PROTECTOR CONTROLLER



Don't feel anything...  
Don't show you're angry...  
Don't show you're hurt...  
Don't be vulnerable...  
Don't care...  
Work everything out carefully  
before you speak...

But this can also mean we lose  
**joy... intimacy...spontaneity...**  
**freedom... pleasure...**  
**Truth... Honesty... Reality**



Lucia Capacchione

# BLOCKED ANGER AND DISCONNECTION





# BOTTLED UP



**Addictions**

**Eating  
Disorders**

**Self-Harm**

**Depression**

# EATING YOUR ANGER



White Chocolate Macadamia Nut Cookies  
**FULL ME**  
Angel Food Cake  
OATMEAL SCOTCHIES  
CARMEL CASHEW  
SUNDAE  
FRIED CHICKEN  
POTATO CHIPS  
Apple Dumpling  
BERRY COBBLER  
Raspberry Cheesecake  
PEANUT BUTTER AND JELLY  
Mocha Latte  
Accept Me  
Chicken Alfredo  
CHOCOLATE  
DELUXE PIZZA  
Blueberry Muffin  
Pumpkin Pie  
Double-Chocolate Cake  
DOUBLE CHEESBURGER  
Orange Cupcakes  
CINNAMON BUN  
JUSTIFY ME  
Mint chocolate chip ice cream  
pancakes  
Sesame chicken  
Brownies



# RELEASE YOUR ANGER SAFELY



DO NOT  
KEEP CALM  
ANGER IS  
AN ENERGY



# THE EMPTY CHAIR

What do I really  
want to say to  
you?

What  
could I say  
to you?

What  
might you  
say to me?





# GOING TO COURT

**The Prosecution**

**The Defence**

**The Judgement**



# WHAT WOULD YOUR INNER CHILD SAY?



**Advocacy**



# CONNECT WITH US!

## FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training



- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



### Deep Release Ltd - Counselling & Training

Private group · 878 members



+ Invite

# CONNECT WITH US!

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Search: Pauline Andrew Creative Counselling

- Lots of videos on working creatively
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## YOUTUBE CHANNEL

Search: Brain Body and Beyond

- Videos on Life, the Brain and Relationships
- Please subscribe!







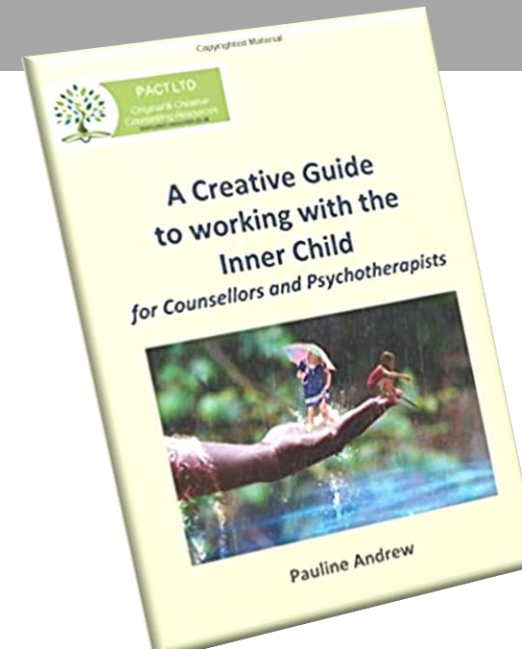
ROLES PLAYED IN FAMILIES CARDS



CORE NEEDS IN FAMILIES CARDS

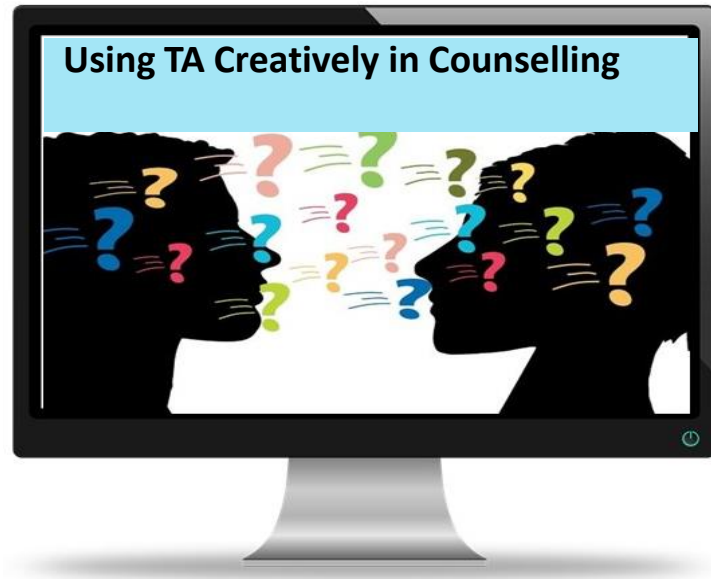


ROLES PLAYED IN ANGER CARDS



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please....



we'd love to hear from you



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