



Anger & Resentment Shadow

Anger is a sacrifice of power that breaks down both the one who instigated it and the one who carries it. *"It seeps into the cracks of the soul, hardens the heart, and poisons the mind with injustice and revenge."** Resentment turns a desire to be protected into a personal attack on the self, as pain continues to be recycled long after the instigator is gone from your life.

Anger must be released to destroy the power of the instigator. When you let it go, the energy is returned to the sender; while you gain clarity, peace, wisdom, and freedom from their control over you. Anger and resentment hold you in a low vibrational state, preventing you from stepping into your personal power.

If you have experienced anger and/or resentment, and have any of the symptoms listed below, use the Journaling Prompts to explore your inner world. Give yourself love and support for what you find, remembering every lesson is a gift. Release the past. Set the intention to reprogram this shadow, so that you may show up for yourself, in the way you want others to show up for you. When you honor your truth, forgive yourself, and refuse to carry their projections, this wound heals.

Symptoms of the Anger/ Resentment Wound

- replays Past Issues Mentally/ Can't Let Go
- Anger Expressed in Words/ Actions
- Erupts When Can't Continue to Bottle Emotions
- Extreme Need for Validation
- Want Others To Pay For One's Own Actions
- Not Forgiving Keeps the Pain 'Real'
- Bitterness/ Rigidity/ Defensive/ Reactive
- Either Quick to Confront or Internalized Resentment
- Distrust/ Trouble Letting Go
- Sees World as Unjust
- Boundary Issues/ Avoids Necessary Conflict/ Difficulty Expressing Frustration Healthily

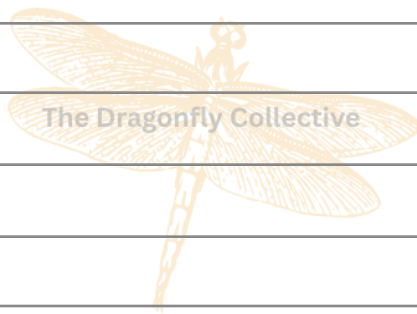
**Content inspired by the book Sacred Shadows, The Reckoning Co. (p.40)*

- Loss of Sense of Joy/ Happiness
- Passive-Aggressive from Avoiding, Numbing, Burying Emotions
- Festering Resentment Internally
- Fear of Confrontation/ People-Pleasing
- Self-Sacrifice to be the "Bigger Person"
- Shames Self Over Feeling Angry/ Feels Being Angry is Weak or Out of Control
- Tight Jaw (Throat Chakra), Clenched Fists (Heart Chakra), Chronic Headaches (Crown Chakra), Digestive Illness (Solar Plexus)

Journaling Prompts: Anger / Resentment Wound

- Where do I feel Anger/ Resentment in my body? What does it feel like?
- What affects has holding onto resentment had on my emotional & physical health?
- What am I ignoring that my anger' resentment wants me to resolve?
- What is the anger that I have held on to for the longest? Why am I still carrying it?
- Why do I suppress anger?
- Am I afraid of what would happen if I truly let it go? Where does this fear come from?
- What does it mean to express anger in a healthy way?
- If I were to express my anger fully, what would that look and feel like?
- What do I need to change to be able to express my anger in the healthiest way for my highest self?
- The past experiences that have shaped how I handle conflict and confrontation are _____.
- Do I believe that closure equals justice? Why? How has this equivalence mindset impacted my healing?
- If I were to forgive and release resentment, without forgetting the harm done, what would that look like?
- What boundaries would help me to prevent resentment from building up in the future?
- What practices am I willing to incorporate to open the affected chakras?
- How am I grounding myself energetically? Grounding practices help flush negative energy out of the body.
- My intention for healing anger / resentment is _____.

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