



# **From Rage to Reason**

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***for***

**Cultural Competency & Mental Health Summit XIV**

**November 8-9, 2006**



## Overview—Disguises of Rage

	<b>Dominance</b>	<b>Defiance</b>	<b>Distraction</b>	<b>Devotion</b>	<b>Dependence</b>	<b>Depression</b>
<b>Characteristics</b>	Controlling Critical Judgmental Detached Selfish Ambitious	Angry Blaming Hostile Defensive Cynical Self-absorbed	Incessant Urgent Compulsive Consumptive Envious Hedonistic	Accommodating Avoids Over functions Guilt-ridden Silent Resentment	Sweet Childlike Gullible Seductive Cautious	Bitter Disheartened Indifferent Avoids Withdrawn
<b>Defense Postures</b>	Controls to not be controlled; Dismissive; Severs relationships!	Blames; Holds Grudges; The enemy must pay!	Over-indulges in tasks, knowledge, and/or material acquisitions.	Accommodates others to avoid self. Denies the truth to stay connected.	Hides own talents in exchange for acceptance. Hopes to be rescued.	Hides to avoid intimacy. Hopes to be discovered.
<b>Avoids Intimacy through</b>	Criticism	Anger	Busyness	Serving Others	Confusion	Withdrawal
<b>Rage Rules</b>	<p>Don't try to change me!</p> <p>Don't accuse me of being incompetent, needy, or helpless!</p> <p>Don't expect me to regard you as better than myself!</p> <p>Don't expect me to explain myself or to apologize for what I do!</p>	<p>Don't blame, threaten, or inconvenience me!</p> <p>Don't place demands or expectations on me!</p> <p>Don't expect me to forgive you!</p> <p>Don't make a mistake! You won't get away with it!</p> <p>Don't expect me to follow the rules!</p>	<p>Don't expect me to sit still and relax!</p> <p>Don't expect me to be emotionally vulnerable!</p> <p>Don't tell me I'm not perfect!</p> <p>Don't expect me to waste time being upset or depressed!</p>	<p>Don't expect me to stop worrying about you!</p> <p>Don't be unhappy!</p> <p>Don't push me away or close me out!</p> <p>Don't make me feel unneeded!</p> <p>Don't expect me to stop trying to help!</p>	<p>Don't expect me to know or do what's best for me!</p> <p>Don't expect me to get angry, confront conflict, or take a risk!</p> <p>Don't expect me to be more confident than those I admire!</p> <p>Don't expect me to grow up and stop needing you!</p> <p>Don't ignore me or stop taking care of me?</p>	<p>Don't humiliate me by expecting me to share what I feel!</p> <p>Don't force me to take public risks!</p> <p>Don't smother or overwhelm me!</p> <p>Don't disregard or ignore me!</p> <p>Don't look at me too closely!</p>
<b>Fears Feeling...</b>	Insignificant	Defeat	Emptiness	Useless	Abandonment	Inadequacy
<b>Shadow Disguise</b>	Dependence	Devotion	Depression	Defiance	Dominance	Distraction



## Overview—Disguises of Rage, Cont'd

<p><b>Denied Curiosities</b></p>	<p>How do I love without feeling like a fool?</p> <p>How do I stay connected with others and myself when I am hurt and disappointed?</p> <p>How do I allow both the good and bad in others and in myself?</p> <p>How do I say: "I'm sorry" or "It was my fault?"</p>	<p>How can I love and be loved without hurting others and myself?</p> <p>How would my life change if I didn't have to prove I was right?</p> <p>How do I fight for justice and not suffer?</p> <p>How do I say I'm sorry and mean it?</p>	<p>How do I do nothing without being consumed by fear?</p> <p>What happens to me if I stop running?</p> <p>Who am I without "things" or without "thinking"?</p> <p>What legacy of well being can I live and leave behind?</p> <p>How do I rest peacefully in my own skin?</p>	<p>How do I care for others without giving myself away?</p> <p>How do I not take responsibility for how others feel?</p> <p>How do I take care of myself without feeling selfish?</p> <p>How do I allow others to care for me?</p> <p>How do I express my unique self without apology?</p>	<p>How do I define what is important to be?</p> <p>What truth about myself should I trust more and live by?</p> <p>What might I discover by giving myself what I need?</p> <p>What would it be like to have all the answers to my own questions?</p>	<p>Why have I chosen to live?</p> <p>What is worth living for?</p> <p>Who am I if I let go of my despair?</p> <p>What can I create that speaks louder than words?</p>
<p><b>We know we are Letting go when...</b></p>	<p>We can acknowledge that we are hurt and afraid.</p> <p>We become less controlling of others and ourselves.</p> <p>We become genuinely open to what we don't know and what others can teach us.</p>	<p>We become less armored; more considerate of how we negatively and positively affect others.</p> <p>We can embrace the human frailties of others and ourselves.</p> <p>We can experience our truth instead of defending it.</p>	<p>We do less and feel more.</p> <p>We are less self-indulgent and more thoughtful and appreciative of what we have.</p> <p>We give back to the world instead of consume it.</p> <p>We notice we live in a body and invest in its well being.</p>	<p>We set boundaries and maintain them.</p> <p>We stop betraying ourselves by pretending we don't have needs.</p> <p>We please others genuinely, not out of guilt, fear or shame.</p> <p>We start hearing and responding to our own needs.</p>	<p>We shift from confusion, self doubt, and helplessness to taking control of the details of our lives.</p> <p>We begin to trust and act upon our instincts.</p> <p>We are more sincere, creative, and self-reliant.</p>	<p>We invest in the sensuous quality of our lives and life itself.</p> <p>We stop hiding behind the scenes and become the main character of our lives.</p> <p>We ask for what we want and invest in having it.</p>



## From Rage to Reason

### Imagine

Everything that happens to us is trying to teach us how to live more honorably.

When you become upset, consider that the very thing that upsets you is a denied part of you seeking your loving attention.

Once you have acknowledged this, proceed with kindness!

### Looking In before Acting Out!

1. What old story/paid does this feeling stimulate?
2. Is this disturbance a priority or a distraction?
3. What does my rage want me to learn from this situation?
4. How am I contributing to my own suffering?
5. What might I gain if I let go of my point of view?
6. Does this situation energize or deplete me?
7. How can I give myself what I need right now?
8. What action can I visualize that would foster good will?
9. How do I act responsibly and not cause harm?

### Consider...

- Bad things happen to everyone.
- Nothing that happens is personal or permanent.
- Life has its ups and downs, and we create them.
- Nothing in life is worth clinging to.
- The choices we make will lead to happiness or unhappiness, now or later. Choose Wisely!
- Anger and rage block clarity and creativity.
- At every moment, we can alter our thoughts, speech and actions.
- Dissatisfaction comes from how we view and think about what we are experiencing.

### When you must talk about what enrages you...

1. Show up with positive intention; an intention to maintain the relationship.
2. Be fully present to what is happening, without your story about what is happening!
3. Tell the truth from the heart and admit your contribution to the problem.
4. Let go of what you can't control; this includes changing the other person and guaranteeing the outcome.

**New Group Starts  
December 9, 2006**

## **Generational Healing through Relationships—**

Unknowingly yet commonly, we carry the unresolved pain of our ancestors and parents into our jobs and significant relationships then wonder: *"How did this happen, again?"* In this interactive and insightful wisdom circle, using family constellations, meditation, and soul writing techniques, we transform pain patterns from unconscious habits to wise choices and stop past experiences from controlling our lives. Each of us in the circle will offer insights that deepen our understanding. We will develop empathy for the different ways life is experienced, learn how to voice our hurt without blame, and allow our truth to free us to be more powerful and peaceful in current and future relationships.



# Bridges, Branches & Braids—

*Sacred Space to Heal Rage*

www.HealingRage.com \* (510) 559-9341

**Celebration of Rage** — a residential retreat for women to become wise about personal rage. Learn how to be more compassionate towards yourself and others. Open your heart and rest well in your skin. Use the fuel of rage to warm and inform you. Learn how to suffer less and cause less suffering.

**Maximum 6 Women**

**December 1-3, 2006, Berkeley, CA**

Application & Interview Required!

## Upcoming:

- **Celebration of Rage**—December 1-3
- **Kindness Clinic**—December 6, 7:30—9:30 PM, Oakland
- **Generational Healing**—December 9, 10 AM—3 PM, Oakland

**Call for Life Coaching & Custom Retreats**

**www.HealingRage.com  
510-559-9341**

*"Ruth King's desire for our wellness and freedom radiates throughout...A book for seeing one's self clearly and for changing one's life." Alice Walker*

*"This is revolutionary work." Jack Kornfield*



Ruth King, MA, weaves her background in psychology, leadership development, dance, meditation, and teachings from wisdom traditions to facilitate retreats that cultivate emotional integrity, notably *Celebration of Rage™*. Ruth is president of *Bridges, Branches & Braids*, an organization working with negative emotional energies in positive ways, and author of *Healing Rage—Women Making Inner Peace Possible*.

