

**Opening Statement:** I still use your worksheets, albeit not frequently enough, but I'm always happy when I do. They continue to ground and center me when I get overwhelmed by past emotion.

**Reply:** You might want to notice your resistance to doing what grounds, centers and creates happy. Perhaps worksheets on not deserving of being able to have those things full time?

**Question:** I remember that after I completed your workshop that from your perspective I still had anger issues to work out (I can't remember your exact wording). I am just now getting in touch with all sorts of anger, and find myself angry much of the time, about many things, and often directed at my partner. It's all I can do to behave nicely at the moment, especially towards him. We are in the midst of a move, and life has been super stressful as well. What are your recommendations to help move this anger, besides doing the worksheets? (I have printed them off and plan to do one each time anger comes up.)

**Reply:** If you have the "Getting the Stress You Need" DVD, I suggest you watch it. If not, I suggest you order it. Also, watch the "CoDependence to InterDependence" DVD. If you recall from the workshop, stress is the key to the behaviors that the mind defaults to. If no stress, we do what we did to get along with our Power Person. When stress starts to build, the mind defaults to what we did to resist or survive with our Power Person. When we become ultra stressed, we default to doing what our Power Person did that we hated the most. You must reduce the stress before you get to that place!

Stress is caused by goals, if you remember, and true forgiveness reduces stress because it consists of identifying and cancelling goals that bring out aberrant behavior. I suggest you not wait to do worksheets when the anger comes up. It is then already has you by the face. I would suggest a commitment to do 5 worksheets minimum per day until you are through this!!! You knew this anger long before meeting your partner. He is not the cause! The cause is the denied realities of the past. Let them go!!

**Closing Statement:** My goal, perhaps unrealistic, is not to be angry all the time and to find some inner peace and calm.

**Reply:** If your goal, your first focus, is **to not be angry all the time**, notice the instruction you just gave your mind. I would shift that into halting my anger before, or as, it surfaces and living in the true essence I am designed to live in – Love, Inner Peace and Calm! I would also suggest getting our CoDependence worksheet and fill it out with all the issues that are in your face right now. It will assist on cleaning out and being free of the anger. Also, have you done any StillPoint Breathing around these issues? Perhaps a MindShifter, "I am safe when I get in touch with my anger and instantly let it go."