



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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Dear Jim,

October has been a month of gratitude with the celebration of Canadian Thanksgiving, visits from family and friends and the opportunity to take a few days for garden clean-up and the raking of leaves.

It has also been a month of sadness with certain events happening in our country that have shaken our Canadian foundations and the opportunity to shift from fear to love and from anger to compassion and forgiveness. There has been much learning at so many levels.

As always, I am observing the world about me, events, relationships and people. I

recognize that these times are challenging for many, if not most of us. It is how others are responding to events, both external and internal that is capturing my attention at the moment and I see a great deal of anger. Is it simply my conscious awareness of what anger creates if we allow it to reign or is it a sign of the times. I have no answer, only to say I find it disturbing.

And so I have chosen to visit this theme this month with my thoughts on Anger Management. It's not a TV sitcom or movie featuring Billy Crystal and Robert DeNiro, it is Life 101. Welcome to Anger Management.

Enjoy the read!

Betty

In collaboration with the Quirky Carrot, our favorite local restaurant/coffee house located in Alexandria, the Healthy Living Café will be held the second Tuesday of every month from 7-9 p.m. Join us on Tuesday November 11th for conversations designed to inspire and inform you about healthy living practices. This month we welcome Genevieve Duguay to the Healthy Living Café for an informative conversation "THE POWER OF STILLNESS".

For details click [HERE](#)

Our next Retreat Day will be Saturday, January 24th for the second, annual Vision and Intention Day. Kick-start 2015 by clarifying your intentions for the year and creating a vision board that inspires you to step fully into living those intentions.

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This month's roadSIGN



COMPASSION - Acrylic on canvas and tissue
Earth Energy Art - Betty Healey

November Newsletter

"Love and compassion are necessities, not luxuries.
Without them, humanity cannot survive."

Dalai Lama XIV - 'The Art of Happiness'

ANGER MANAGEMENT

On April 15th 1995 the first of many organizational changes began at St. Mary's Hospital. While my role as the Coordinator of Rehabilitation Services was not directly affected, the environment around me began to change. I am not opposed to change, never have been, in fact, I thrive on it. Yet one of these changes truly disturbed me; the person to whom I had been reporting for the last five years was to change.

My new Director was someone whom I had had uneasy relationships with for a while. We disagreed on many of the fundamental principles of management and leadership. I did not like or trust him nor did he trust me. This was, in my view, a recipe for disaster. And I was ANGRY.

Oh, I didn't show it, or so I thought. I buried my resentment and anger, put my nose to the grindstone and continued performing my job as I always had. I felt that if I was diligent in doing what needed to be done, that no one would notice.

WRONG! A few weeks into the new structure, one of my colleagues invited me for lunch. Gail decided not to pull any punches with me and stated simply and clearly, "I know you are angry and upset with the changes. I just want to know how long you plan to stay that way."

I was surprised by the question, after all I had not shared my feelings with anyone, or so I thought. Gail continued, "Frankly", she said, "it's just not pleasurable to be around you anymore. You are edgy and confrontational in meetings and actually, you just have a negative attitude. This is not the Betty we like to work with."

Gail did me a huge favour that day by being straight forward with me. I had been put on notice. Although I was doing my job, I was not being myself. The anger I buried leaked out, influencing my relationships and my effectiveness as a manager. Her honesty forced me to step back and ask myself, how my anger was serving me. Truth - it was not. I knew that only I could change this and that it was up to me to re-route my negative emotions in a new direction as I still valued my work, my colleagues and my role within the hospital.

Anger Management

Fast forward to today and I have learned both through personal experience and observation how damaging anger can be on a person's life. Most recently it has cropped up in the conversations I had with a number of my coaching clients.

Here are a few of my observations:

- Society has trained us that being outwardly angry is not appropriate. Most of us have trained ourselves to push away the emotions and pretend they don't exist. You simply get on with life. And this is a flawed approach. Stored anger simply eats away at you. It demands to be acknowledged, whether that is screaming, writing, talking it through with a friend or beating up a pillow.
- People believe that anger does not affect their performance, and it may not. It will however affect your 'being'. Anger is energy and like any energy field, you will radiate it to others around you. Friends may not be as honest and forth coming as mine were, they may simply back away from you and go

in the other direction.

- Anger is a secondary emotion, usually stemming from disappointment, resentment, judgment, lack of integrity or any number of hurts. Be clear on the source of your anger and use that information to assist you in releasing it.
- There are external and internal factors which cause anger. External can include situations such as the one I experienced, where decisions are made over which you have no control. Much of the anger you experience is caused by disappointment in the actions of others/relationship issues. Marry the external factors to your ability to judge yourself for your response to these, and the voice of your inner critic, and you simply add fuel to the fire. A lot of anger is self-generated when you judge yourself for how you are responding or behaving.
- Angry people are lonely. No one wants to spend time with someone who dedicates their emotional energy to resentment or judgment. Others feel you. Anger is not attractive, it is repulsive.
- Repressed anger can makes you physically ill. Anger tends to be stored in the liver and can lead to a number of different gastro-intestinal ailments as well as other symptoms.

Breaking Away From Anger

Here are a few strategies for managing any lingering anger you may be experiencing:

Express versus Repress

Find a way to express your anger. I remember one occasion, on the foot of Mount Hood in rural Oregon, screaming until I no longer had any voice left. It was an anger long buried and suddenly sparked by a conversation with friends. I cannot possibly explain how it felt to purge and release this feeling that had been so long buried and never forgotten. Fortunately my husband and my friends were very accepting of my tactics.

This approach may not work for you, and find a way that does. You may have to clear it again and again, just keep going.

It's Not Personal

Anger is generally triggered by situations, circumstances or relationship issues. Here is an important first response when you are affronted, "Is this about me?" Situational decisions are made with little regard of the impact they will

have on people. They are tactical not personal.

Relationship issues, while fraught with emotion, are again, more often than not about the perpetrator rather than you. You have every right to disagree with their actions and it is important to remember that their actions are about them not you. You get to choose how you respond.

Compassion

You live in challenging times. People make mistakes; you make mistakes. Have a little compassion for yourself and others. No one is asking you to be perfect. It is okay to become angry, disappointed, resentful and more. It is simply important to move through these emotions quickly.

Compassion helps. It leads you to understanding circumstances, others and how you react. Compassion is a necessary part of our humanity. Compassion leads to forgiveness.

One of the most important lessons I learned years ago is that reserving forgiveness and harboring all those negative emotions, harmed me first and my relationships second. Compassion and forgiveness are a gift you give yourself and once you do, it changes you, it shifts your energy and you can once again 'be' in the world as the person you choose to be.

Release and Replace

When releasing your anger, be clear on what you are replacing it with. Manage your emotional space. As you move through compassion and into forgiveness, call in Love and Peace. Notice the contrast, how this feels compared to your angry state. Notice how others respond to you and how these emotions support your relationships with others and help you forge new ones.

Final Word

If someone has the courage to confront you regarding your behavior, as Gail did with me, be grateful. As a result of my conversation with her, I followed my own advice, found a way to express my anger and cleared the space to step back into the Betty others knew, trusted and respected. Give yourself that gift. Anger hurts you first!

Your asSIGNment

Anger may not be your issue, it may be other negative emotional baggage that is holding you back. Use the 'Breaking Away from Anger Strategies" for whatever you are storing and hesitating to express. Remember, that anything outside of you that you wish to change begins with ME FIRST.

Travel Tip

Fill your tank with Compassion and Forgiveness. Then watch how this changes your journey.

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGN is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first
but I did not know how to do it.

Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.

Monica

Check out the website, www.roadsigns.ca for more information and/or contact betty@roadSIGNs.ca.

Events:

For details regarding any of our upcoming events in 2014 [visit our website](#)

ME FIRST Self-Study Program (New offering)

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

Winter Solstice Labyrinth Walk

Join us for the Labyrinth walk on Saturday December 20th, 2014 5:00 PM

For more details go [HERE](#)

Healthy Living Cafe

roadSIGNS is joining forces with the amazing staff at the Quirky Carrot in Alexandria, ON for a monthly presentation and information session called **Healthy Living Café**. We will be featuring speakers and discussions that will offer you tips to living a healthier life - Body Mind and Spirit. The **Healthy Living Café** starts on Tuesday September 9th and will be held every 2nd Tuesday of each month. To register and/or find out more, click [HERE](#)