

THANK YOU MY

DEAR FRIENDS!

**WHAT GACHIAKUTA SAYS ABOUT ANGER - MIA DOREEN GEORGE**

**DISCLAIMER: YOUR SAFETY IS A PRIORITY, YOU CAN'T FIX ANYONE, YOU CAN ONLY PROVIDE THEM WITH CERTAIN TOOLS TO HOPEFULLY MAKE THEM WANT TO FIX THEMSELF. NEVER STAY IN DANGER TO TRY TO FIX ANYONE ELSE. IF THEY HAVE NO WANT TO CHANGE, IT'S NOT YOUR RESPONSIBILITY TO INSTILL IT.**



**WHAT DOES YOUR ANGER  
LOOK LIKE?**



**ANGER, WHEN HELD IN CAN LEAD TO THESE SYMPTOMS:  
WEAKEN IMMUNITY, CAUSE DIGESTIVE ISSUES, AND CAUSE  
HYPERTENSION; AVOIDANCE ISSUES, OUTBURSTS, PANIC  
ATTACKS, INFLUX OF ABUSIVE BEHAVIORS**



**ANGER IS A PROTECTIVE EMOTION THAT  
TYPICALLY BLANKETS A PRIMARY EMOTION.  
IT IS A REACTIVE. IT IS OFTEN REGARDED AS  
AN UNSTABLE EMOTION. IT DOESN'T HAVE TO  
BE.**





**“YOU’VE GOT EYES AND EARS, BUT YOU DON’T  
LOOK OR LISTEN! YOU’RE JUST USELESS LUMPS!  
EVERY LAST ONE OF YOU.” RUDO SAYS.  
ANGER OFTEN JUST WANTS TO KNOW IT IS HEARD.**

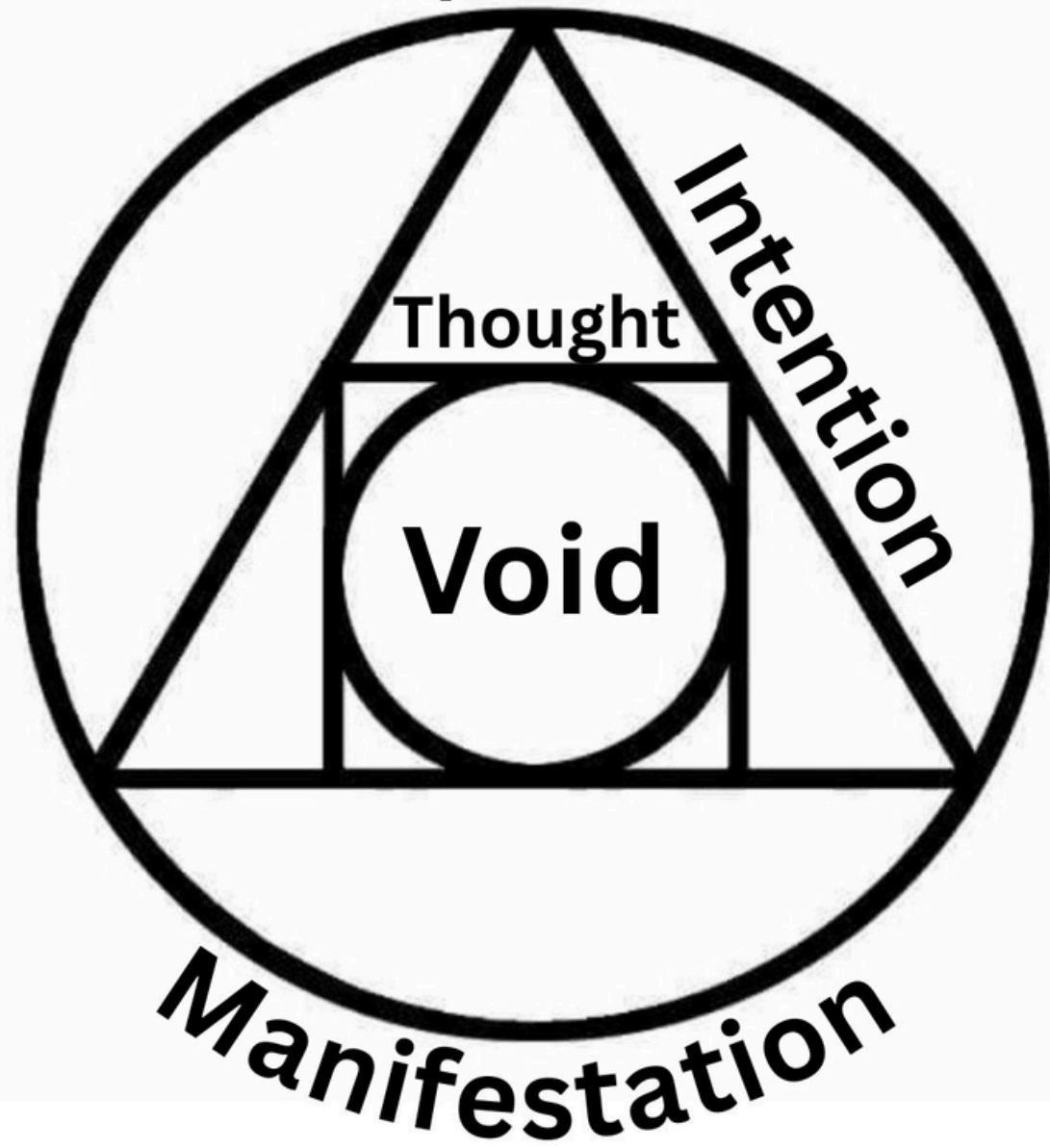


**WHO'S THE BAD GUY HERE?**

**THERE'S NONE, AND NO GOOD GUY. JUST PEOPLE.**

**IN 'MOVING BEYOND FIGHT AND FLIGHT: A CONTINGENT MODEL OF HOW THE EMOTIONAL REGULATION OF ANGER AND FEAR SPARKS PROACTIVITY' BY LEBEL, R. DAVID ; 2017 WE SEE THE STATEMENT: "(...) WHEN FEAR IS DIRECTED AWAY FROM FLIGHT AND TOWARD INCREASED PROTECTIVE EFFORT (FIGHT)." THIS BRINGS THE BEGGING QUESTION OF WHAT IS IT YOU WANT TO FIGHT FOR, AND WHAT ARE YOU RUNNING FROM NOW?**

Philosopher's Stone



**THERE IS NO LIMIT TO THE AMOUNT OF GROWTH  
A PERSON CAN EXPERIENCE AND ENACT ON  
THEMSELF. A BIG MISCONCEPTION IS THAT  
GROWTH IS SOMETHING TO BE WAITED FOR  
PASSIVELY, WHEN IN REALITY GROWTH IS  
SOMETHING ONE MUST WORK HARD TO GAIN  
AND EMBODY.**

**TRANSMUTE  
YOUR ANGER INTO  
SOMETHING THAT  
SERVES YOU**

# KEY TAKEAWAYS:

**TAKE NECESSARY RESPONSIBILITIES**

**REMEMBER EMPATHY & HUMANITY**

**HEAR EXPLANATIONS, NOT EXCUSES**

**MAKE SPACE**

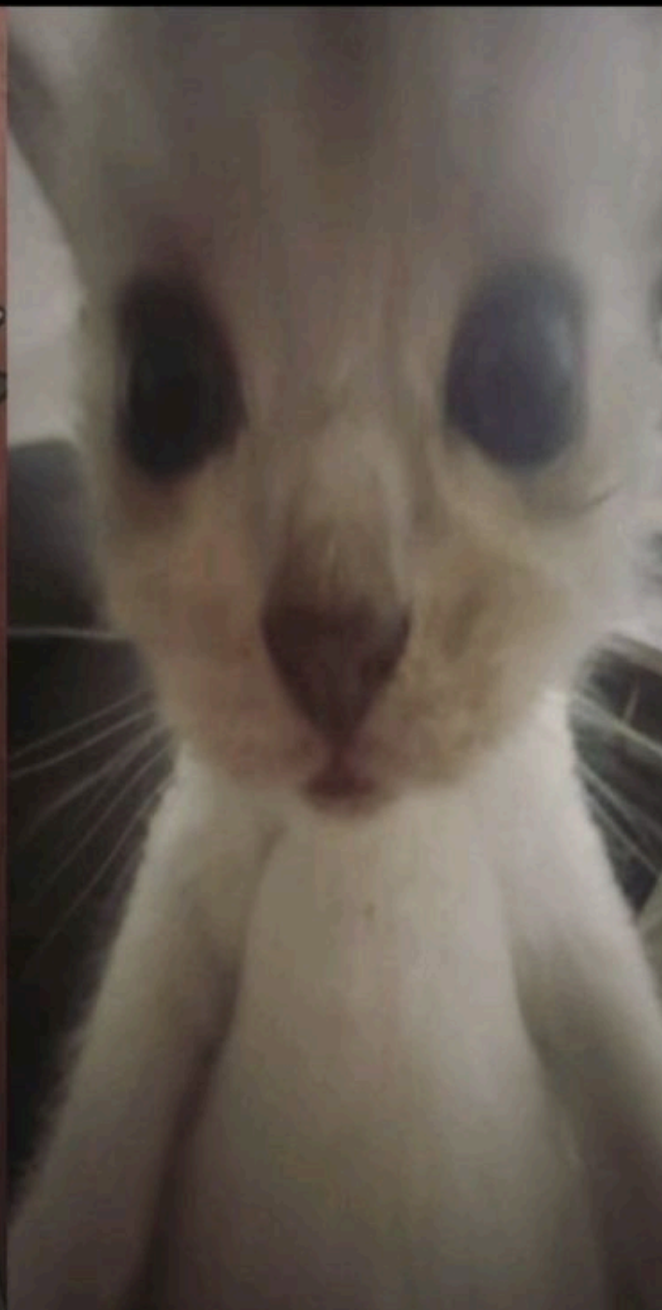
**MEET THEM WHERE THEIR COMING FROM**

**MEET YOURSELF WHERE YOU'RE COMING FROM**

**FALTERING ISN'T FAILURE**

**TAKE TOOLS FROM THE WORLD**

**GROW**



**THANKS FOR YOUR TIME! – MIA DOREEN GEORGE**