



**FEEL THE**

**FURY!!**

# How to Get Angry

(without losing control)

by Heather LaVonne Jensen

# The Problem



**When you get mad, you explode  
- and bad things happen.**

# The Question



**How can you release your rage  
without catastrophic  
consequences?**

# The Solutions

**Reduce the amount of  
explosive material you're  
carrying - feel your fury!**



**Develop a battle strategy!  
(for the next time you're  
a walking fireworks factory  
and someone strikes a match...)**



# Offload Your Anger

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<b>Feel Your Fury #1: Trash It!</b>	<b>06</b>
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<b>Feel Your Fury #2: Crush It!</b>	<b>08</b>
-------------------------------------	-----------

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<b>Feel Your Fury #3: Shatter It!</b>	<b>10</b>
---------------------------------------	-----------

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<b>Feel Your Fury #4: Smash It!</b>	<b>12</b>
-------------------------------------	-----------

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<b>Feel Your Fury #5: Race it!</b>	<b>14</b>
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# Battle Strategies

<b>Battle Strategy #1: Step Back</b>	<b>17</b>
<b>Battle Strategy #2: Balloon Pop</b>	<b>18</b>
<b>Battle Strategy #3: Reflex</b>	<b>19</b>
<b>Battle Strategy #4: Prayer</b>	<b>20</b>
<b>Battle Strategy #5: Gotta Go!</b>	<b>21</b>
<b>Victory</b>	<b>22</b>
<b>Meet the Author</b>	<b>23</b>

# Trash Your Anger

# #1

## ● What you need:

- Cheap glass plates (you can find them at garage sales or dollar stores)
- Permanent marker
- Access to the city dump or “transfer station” - a metal dumpster works, too

## ● What to do:

1. First, stop and think about why you get mad. What gets right up your nose and makes you want to snort fire?

2. Take your marker and write it on a plate. Maybe it's the name of someone who has hurt you, or maybe something that you can't control and can't change.



# Trash Your Anger

# #1

## ● (Continued):

3. Haul your plates to the dump (or a large metal dumpster) and frisbee them in so hard they shatter! Yell while you do it, it's good for you. Don't worry about the sanitation workers, they seldom judge.

## ● Results:

Destroying your anger's roots in effigy helps you remember you are powerful.

You can't control everything that happens, but you always have the power to control your response.



# Crush Your Anger

# #2

## ● What you need:

- A weight ball
- Gym mat, concrete floor or sidewalk
- Your imagination

## ● What to do:

1. Buy a weight ball, or pay for a day membership at a gym, or if you're in school, ask a PE teacher to lend you one (if you already have a gym membership, you're ahead of the game!)



# Crush Your Anger

# #2

## ● (Continued):

2. Imagine the target of your anger is on the ground at your feet.

3. Lift the weight ball over your head, then slam it into the ground as hard as you can.

4. It helps to yell with each slam--if you have some privacy, say whatever you want. If you don't, even calling out, "ONE! TWO! THREE!" as you slam the ball down works.

## ● Results:

Ball slams engage your major muscle groups and trigger your brain to produce endorphins, chemicals that function as natural pain killers, making you feel better.

# Shatter Your Anger

# #3

## ● What you need:

- Bag or bowl of ice chunks
- A brick or cement wall with **no windows** (this is important!)



## ● What to do:

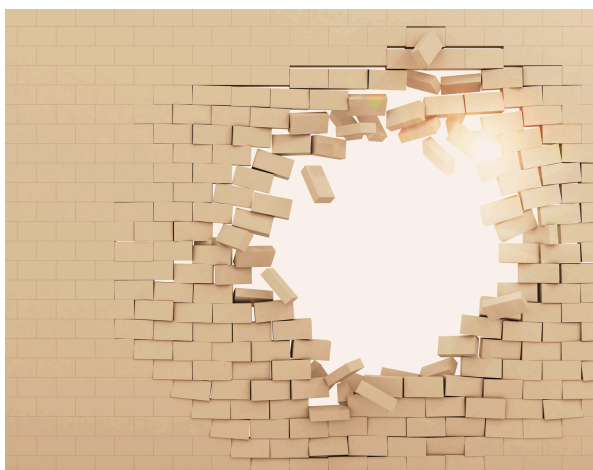
1. Pick up a piece (or handful!) of ice
2. Focus on something you're upset about
3. Pretend it's right in front of you
3. Shatter that ice against the wall!

**You can also use  
water balloons!  
Draw a target  
with sidewalk chalk!**

# Shatter Your Anger

# #3

## ● Results:



- Ok, your results should be less dramatic - **IF** you remembered to choose a wall **WITHOUT** a window.

When you're in danger, hurling things at your attacker from a safe distance keeps your options open.

It calms your inner cave dweller to know you're far away from the teeth and claws of whatever wants to kill and eat you.

# Smash Your Anger

# #4

## ● What you need:

- A carton of sidewalk chalk
- A hammer (sledges are the most fun)
- Safety glasses
- A sidewalk, asphalt path or even a gravel driveway

## ● What to do:

1. Put on your safety glasses (rock chip vs eyeball = no contest)
2. Stand a piece of chalk up on the path
3. Smash it with the hammer!
4. Repeat until you're standing above a rainbow of destruction.





# Smash Your Anger

# #4

## ● Results:

Piles of professionally pulverized powder.

It's like swatting a housefly with a tank. Total overkill. Extremely satisfying.

If anyone objects, remind them the next rainstorm will wash away your urban art project.

## ● Modification:

You artists out there might like to draw what you're upset about on the sidewalk first, then smash more chalk on top of it.

Stomp in the powder pile and scuff the chalk around until the picture is destroyed.

# Race Your Anger

# #5

## ● What you need:

- Yourself
- Somewhere to run or a treadmill to run on

## ● What to do:

1. Run. Keep going until you've outrun your rage.



# Race Your Anger

# #5

## ● Results:

When you're under threat, your fight-or-flight reflex kicks in. Your body doesn't care which one you choose.

So if you are stressed and feel the urge to fight, running will help you get back control.

## ● Modification:

Anything you physically do that convinces your mind and body that you are escaping the threat will work, whether that's running, riding a bike, or swimming.

# Battle Strategies Overview

[www.heatherlavonnejensen.com](http://www.heatherlavonnejensen.com)

- Step Back
- Balloon Pop
- Reflex
- Prayer
- Gotta Go!

Each strategy can be used alone, but is most effective when combined with others. Find out what combo works best for you.



# Step Back

# 01

## ● What to do:

When you feel yourself tensing up and starting to get angry, take a physical step back (unless you're on a cliff - then step sideways). Assess the situation. Are you at risk of losing your temper? Do you need to walk away and regain control? Get perspective.

## ● Why it helps:

Stepping away from a threat reminds your inner cave dweller that flight is an option. Moving away from a conflict also gives you space to think, evaluate and figure out what to do next.



# Balloon Pop

02

## ● What to do:

Take a huge breath, until your lungs almost explode. (An important word here is “almost.”) Hold it.

Tense every single muscle in your body, from your forehead to the bottoms of your feet. Make fists and squeeze as hard as you can.

Now breathe out very slowly, relaxing all your muscles as you do. Let yourself go limp. You don’t need to flop onto to the ground, unless you want to.

## ● Why it helps:

When you tighten every muscle as hard as you can and then let them all go limp with a deep breath out, you are telling your body & brain that the danger is past and it’s ok to relax.



## ● If anger builds while you're sitting down :

Take a huge breath and hold it.

Push the backs of your heels into the ground as hard as you can, and count to ten using the Mississippi method (one Mississippi, two Mississippi, etc., ).

Now relax your legs, release the air you've been holding, and you'll find yourself taking a deep calming breath.

## ● Why it helps:

These movements trigger one of your body's natural reflexes. Public speakers sometimes use this trick to help them relax!



## ● What to do:

No matter where you are or what is happening around you, you can always pray, even if only in your heart, and ask for help from your most intelligent and most creative friend.

Your Heavenly Father can help you avoid getting into a situation where you'll struggle to keep your temper, and help you strategize if you're already in one.

Every battle strategy is enhanced by prayer.

## ● Why it helps:

You are a beloved child of God, and your Heavenly Father wants to help you. He will hear and answer your prayer.





## ● What to do:

When you feel anger bubbling toward the surface, cut the conversation short with, “Please excuse me,” and high-tail it toward the nearest restroom. If anyone blocks your exit, the words, “Excuse me, restroom emergency,” should clear the way.

Restrooms have a sink, where you can splash water on your face, a counter to do push-ups on, and a stall with a lock where you can simmer down.

## ● Why it helps:

Removing yourself from the situation will give you room to think, to calm down, and even phone a friend. You can stay in the locked stall as long as you need, and best of all, this method can be repeated.



# YOU CAN DO THIS!



You now know five ways to offload your anger and have five strategies to help you master your temper.

22

## Remember:

- You are powerful
- You are free to choose
- Your response is up to you
- Help is only a prayer away
- You are in control!



# Meet the author

Buy me  
a notebook! :)



Heather LaVonne Jensen is the mother of three children. She lives in Cheyenne, Wyoming with her husband Jim, who can fix anything, even a broken heart, and with a calico cat named Tuesday. (Tuesday is a foodie who dabbles in theoretical physics).

Heather loves metalsmithing, because it gives her an excuse to play with fire; geology, because it gives her an excuse to explore nature, dig up rocks and hit them with hammers; and writing, because it gives her an excuse to play with fire.

[www.heatherlavonnejensen.com](http://www.heatherlavonnejensen.com)



# Other Booklets by Heather Jensen



## **Feel Your Loss**

**Mourn in public - and  
get away with it!**

## **Reasons to Smile**

**Sprinkles of joy to  
brighten your day. :)**



## **Beat Depression Like Winston Churchill**

**Try His Five Strategies!**

# When I Grow Up, I'm Gonna Have So Much Amnesia!

“Little girls have to be careful, because sometimes...there are monsters in the dark.”

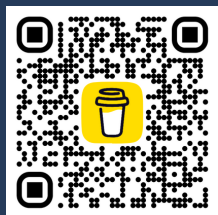
Heather's certainty that her children are in danger is strong enough to bend steel bars. Like an obsessive-compulsive sheepdog, she guards every step they take. Her paranoia is off the charts. And she doesn't know why.

But when she hears a voice in her head, warning her to watch out for monsters, she knows she's down to two options: become a card-carrying member of the Tinfoil Hat Conspiracy Club, or get professional help.

Tinfoil's cheaper.

## Coming Soon!

Read for free on my website!



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# FEEL THE FURY!

How can sidewalk chalk, water balloons and ice cubes help you control your temper?

Find out inside!

