



## Rock Work: Choosing Anger Processes

### **A Key Principle: All anger processes are “the same:”**

- They are an opportunity to connect to inner strength using both body and voice
- They allow for an emotional release – emotion which has oftentimes been suppressed (anger, fear, shame)
- They draw boundaries within one’s own mind (saying “no” to the negative messages)
- They create space for a different way of being

**They are all the same in that they provide physical pressure symbolizing the impact of the negative messages: being blocked, held back, crushed, stuck...**

The pressure can be: (and possible processes)

- **Weight that they carry:** Carrying and then Throwing the Stones, Pulling Weight
- **Restraint that they are connected to:** Umbilical Cord, Being Pulled in Different Directions, Pulling Weight
- **A block they have to push through or out of:** The Gauntlet, The Tunnel, The Bowling Pins, the Pile On, Breaking Free, The Circle
- **Engaging force to free oneself of messages:** The Tennis Racquet, The Sword and Cloth

Once a process is chosen, all the principles of running a power process are the same. Each one is simply a different physical symbol of the impact of the negative messages on a person.

### **CHOOSING THE PROCESS:**

In the “Rock Work Manual: Anger and Connection Processes” each process has suggestions listed at the top of the page indicating in what circumstances you might use that process.

### ***Factors to consider:***

- Physical abilities of the attendee (any limitations or injuries in a particular area of the body, consider their age, the age of the other attendees and their capacity to be physical – especially true when a group is comprised of older members)
- Does it match the metaphor? (See below for ideas on matching a metaphor with a process)
- Keeping it fresh – not repeating a process that you have already done. (An unlikely case would be where the Tombstone process perfectly fits for two attendees who both express unresolved grief around the loss of a loved one.)

## The Metaphor and the Process: Framing the above concept of “pressure” in the language of metaphor

Consider how these different types of pressure relate to certain metaphors:

### Metaphor

### Process

It’s heavy, I’m burdened

Carrying and then Throwing the Stones, Pulling Weight, Pile On

Held back, Stuck, Restrained,  
Crushed

Umbilical Cord, Being Pulled in Different Directions, Pulling Weight, The Gauntlet, The Tunnel, The Bowling Pins, the Pile On, Breaking Free, The Circle

In the Dark

The Tunnel

Need to start over

The Tunnel

Feeling the impact of Mom’s messages  
(Still tied to her messages)

The Umbilical Cord

I don’t have a voice (feeling unheard)

The Pile On (Particularly with the younger self held down by the Pile On)

Blocked – (for someone physically challenged)

Sword and Cloth, The Tennis Racquet (if no upper body issues)

I’m going to explode

Tennis Racquet (an opportunity for a strong emotional release)

*Other metaphors matching a process? (Share your ideas to fill out the list)*