



Journaling & Graphotherapy

Write now with Aditi Surana
Free Anti Anxiety Journaling Workshop


DAY 11



Hello angry birds,

Welcome to day 11 of our anti anxiety journaling workshop. If it is day 1 for you, then welcome aboard. Every day I ask you to watch the video of the day, do GraphoTherapy & then respond to a question. Today's discussion is on anger. If you are reading this email as the first thing in the morning, then I recommend to skip the next three paragraphs and directly go to the question & come back during the day to read Frida's transformative, heart wrenching story.

I will never forget that evening. A dear friend asked if I could pay a visit to her ailing sister who was at the fourth stage of cancer. Frida, was a petite woman with very short hair. Her skin was darkened due to chemotherapy and she was struggling to move. To my surprise, Frida had kept some papers ready & was waiting for my instructions. She had no energy to move her fingers but she dragged her way through it. I held the paper in my hand and wondered what possibly can I tell this person at this point in time? I took a deep breath and allowed words to flow. We spoke about her personality, her kids, her stupid goofy behaviour. She loosened up, she chuckled. Her exhausted eyes sparkled. Then I asked her a question that opened the floodgates. 'What are you still angry about?' I didn't know I was about to step into the toughest session of my life. Frida was inconsolably furious with her other sister and how her behaviour pushed her son into depression & destroyed his life, 16 years ago. 16 years ago? Frida held those emotions close to her heart, she told me how unacceptable it was for her sister to behave in such a way, and how this made Frida suffer. I was all ears, waiting for a gap to step in. But 16 years was a long time, and as Frida spoke her memories came alive. I kept listening and probing, waiting for her to ask me a question so that I could intervene. After 30 -40 mins, she was exhausted.



Holding anger against anyone is like holding a burning coal. I narrated the example to her. I said, "How long are you willing to hold on to it? It is obviously burning you from within." She broke down. I saw her heart melting. She knew how unforgiving she had been, how she had burnt all the bridges in relationships because of her anger & how terribly she missed her sister. I saw her dropping the burning coal. She looked at me peacefully. I smiled and cracked a joke. Her chuckle transitioned into laughter. She laughed about life and death. She was suddenly more playful. She said - I am done, Aditi. All I wish is to die peacefully. I nodded. While leaving her house Frida, gave me the sweetest smile. Promised to complete a special painting for me as a gift. Next morning, I received a call from her family. Frida had passed away in her sleep.

She was Godsend for me. She taught me the biggest lesson of my life. I journaled every day for a month after that meeting. I looked at every single memory of anger & resentment I held against anyone in my life & worked until it was resolved in my mind I can't thank her enough.

Today's question is direct - **What all makes you angry right now?** You know it. I need not explain anything. I need not set any ground or context. Most of us are masters in this department.

