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**Woman's Guide to
Empowerment: Use
Your ...**

Anger activates the brain's circuitry for willingness, fueling actions you might otherwise avoid. But you can't use your anger if you believe it's bad or scary. Anger erupts when what you believed...

**How to Use Your
Anger As a Personal
Positive Force ...**

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While women tend to react with anger to the same triggers that cause men to react, they manage it differently. Men are more likely to strike out in anger, with words or physical acts. And while...

Why Women Need to Honor Their Anger | Psychology Today

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Use your anger : a woman's guide to

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Womans Guide To
empowerment. [Sandra
P Thomas; Cheryl
Jefferson]

**Use your anger : a
woman's guide to
empowerment (Book**

...

Expressing Anger Is
Not Socially Acceptable
for Women We women
are raised to think that
anger is an ugly
emotion, and this
perpetuates the shame
that comes with anger.
Due to this, some of us

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don't...

**Understanding
Anger Can Empower
Women to Live
Authentic Lives**

Once you're calm,
express your anger As
soon as you're thinking
clearly, express your
frustration in an
assertive but
nonconfrontational
way. State your
concerns and needs
clearly and directly,
without hurting others

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or trying to control
them.

**Anger management:
10 tips to tame your
temper - Mayo Clinic**

Anger is a universal emotion, and a key element of the human experience. Left unchecked, though, anger can lead to self-destructive behaviors. Here's how to channel your anger into something more ...

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3 Ways You Can Use Anger To Your Advantage

Anger and Trauma.
Anger is often a large part of a survivor's response to trauma. It is a core piece of the survival response in human beings. Anger helps us cope with life's stresses by giving us energy to keep going in the face of trouble or blocks.

Anger and Trauma -
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While anger deserves

our attention and

respect, women still

learn to silence our

anger, to deny it

entirely, or to vent it in

a way that leaves us

feeling helpless and

powerless.

Dance of Anger, The:

A Woman's Guide To

Changing The ...

Anger affects different

parts of your body,

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including your heart, brain, and muscles. A 2011 study found that anger also causes an increase in testosterone levels and decrease in cortisol levels.

**Anger Issues:
Symptoms, Causes,
Diagnosis, and
Management**

My fear of anger taught me nothing. Your fear of that anger will teach you nothing, also.

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Women responding to racism means women responding to anger; Anger of exclusion, of unquestioned privilege, of racial distortions, of silence, ill-use, stereotyping, defensiveness, misnaming, betrayal, and co-optation.

**(1981) Audre Lorde,
"The Uses of Anger:
Women Responding**

...

Choose safe ways to

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deal with anger—Take deep breaths, repeat a calming word, relax your muscles, imagine a calm place to decrease your anger.

Do not drink, use violence or pick up a weapon. If you feel you're a danger to yourself or others, call 911 or go to the closest emergency room.

**Anger Management |
Center for Young
Women's Health**

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In her 1981 keynote at the National Women's Studies Association conference, "The Uses of Anger: Women Responding to Racism," poet and Black feminist author Audre Lorde introduced a pioneering...

Black Women, Let Your Anger Out - In These Times

Sharmin Ali is angry! In this talk, she shares her journey and

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explains what anger has done to her. She has been able to use anger for the good and convert every hurdle into a stepping stone to ...

**Put your anger to
constructive use |
Sharmin Ali |
TEDxDumas**

Turn your anger into a tangible production. Consider painting, gardening, or writing poetry when you're

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upset. Emotions are
powerful muses for
creative individuals.

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**How to Control
Anger: 25 Tips to
Manage Your Anger
and ...**

It is frequently used to
invalidate women's
anger and concerns.
Women are designated
more emotional, but
then the designation
itself is used to
undermine our reason.
In this framework, a

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man, a...

**Angry Women Taboo
- Rage Becomes Her
By Soraya Chemaly**

Ever wonder why some women seem to be more ill-tempered than others? University of Pittsburgh researchers have found that behaviors such as anger, hostility and aggression may be genetic, rooted in...

Anger and
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**Aggression in
Women: Blame It On
Genetics ...**

According to a review
of studies of gender
and anger written in
2000 by Ann M. Kring,
a psychology professor
at the University of
California, Berkeley,
men and women self-
report "anger episodes
...

**I Used to Insist I
Didn't Get Angry.
Not Anymore. - The**

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Women tend not to be as aggressive as men in expressing anger and tend to talk about their anger more, she says. "They are more proactive and use more problem-solving approaches in discussing a problem with a person they are angry with," says Tangney.

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