

RELEASE ANGER – TANTRUM RELEASE SCRIPT

This dynamic technique involves intentional physical movement to release pent-up anger and restore emotional balance.

Here are the steps of the Energy Flow® Tantrum Release exercise:

1. Bring into your awareness anything you are frustrated, annoyed or irritated about.
2. Place the fingers just under the collarbone and gently tap.
3. Take a breath in and out and make a loud “ahhh” sound as if letting out all negativity.
4. Stamp your feet vigorously as if having a tantrum.

Reflection questions:

1. When you focused on the frustration or irritation, what did you notice happening in your body before you started moving?
2. How did the loud “ahhh” and the tapping under the collarbone affect the intensity of the anger?
3. During the vigorous foot stamping, did the energy of the emotion change—becoming stronger, lighter, or moving somewhere else in the body?