

RELEASE ANGER – THROW THE PILLOW SCRIPT

A playful yet effective technique where a pillow is thrown with intent, helping to release built-up anger or frustration.

Here are the steps of the Energy Flow® Throw the Pillow exercise:

1. Get a pillow.
2. Stand up, stay connected to yourself, and throw the pillow right down to the floor.
3. Bend down and hit the pillow several times.
4. You are getting the emotions out.

Reflection questions:

1. How did you feel before starting the exercise, and how did your emotions shift as you threw and hit the pillow?
2. What physical sensations did you notice in your body while engaging in this exercise? Did it feel liberating or tiring?
3. As you hit the pillow, did you notice any mental shifts or insights? How did your emotions express themselves through the physical movement?
4. After completing the exercise, how do you feel now? Do you feel a sense of release or lightness, or did other emotions arise?