



The Storm

Anger that has nowhere to go

What the mandala shows

A hooded figure stands at the center. Lightning leaps between her open palms. Ravens spread outward, carrying the storm with them. Dark, curling clouds wrap her shoulders like a second robe. She is not releasing the storm. She is holding it in, the way you have been holding yours. Wild roses grow at her feet; crescent moons wait in the corners.

What this shadow is

You learned early that anger makes you difficult. Or selfish. Or scary, depending on who was watching. Maybe a parent got loud when you pushed back. Or a church, or a classroom, taught you that anger was the opposite of love. So you learned to push it down. You swallow your objection at work. You smile when you are actually upset. When someone asks if you're okay, you hear yourself say it's fine — and you hear that it isn't. Months pass. You notice, one morning, that your shoulders have not unclenched in weeks. You wake up tired. You snap at someone close to you over nothing and hate yourself for it. That is not a character flaw. That is a signal no one taught you how to read.

You may recognize The Storm when:

- You replay an argument in your head for days after it is over
- You get angry at small things and don't know why
- You explode at someone who didn't cause the real problem
- You feel drained after a conversation where you stayed polite
- You apologize before anyone has asked you to

Where it lives in the body

Chest, jaw, and shoulders. Heat behind the breastbone, tightness from the back of the neck into the jaw, or a lump in the throat.

What the coloring does

Coloring this page gives the anger a visible place to be. For many people, slow repetitive coloring helps the nervous system settle. Looking at the image outside yourself lets the feeling be something you see, not something you are. You are not killing the anger. You are giving it a door. Start with the lightning.

After coloring, take five minutes:

1. **Breathe.** Three slow breaths, one hand on your chest.
2. **Color.** One mandala slowly, any colors, no plan.
3. **Notice.** What feels different in your body now? Name one sensation you can feel.
4. **Write.** One sentence: "I am angry because ____"

Your anger has been trying to tell you something.