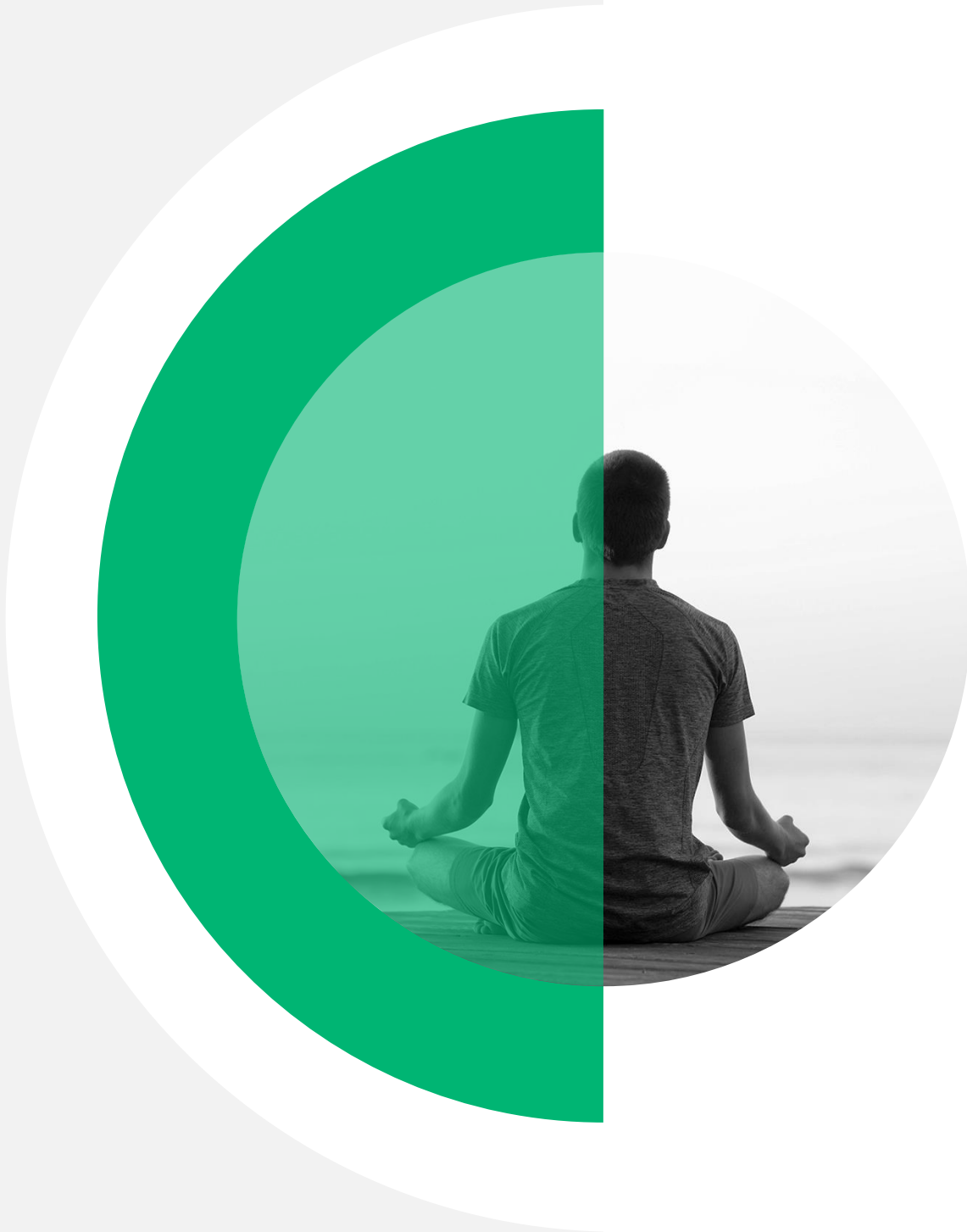




Client Workbook for Self-Healing & Resolving Rage

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Client Workbook for Self-Healing & Resolving Rage

*By Dr. John Souglides Ph.D. – Specialist and Expert in:
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Introduction

This workbook is designed to guide you through a step-by-step process of understanding, healing, and transforming rage into personal power, peace, and emotional freedom. By using integrative tools from Transpersonal Counselling, Holistic Life Coaching, Hypnosis, Holistic NLP, and Metaphysical Healing, you will uncover the root causes of rage, release suppressed energy, and awaken self-mastery.

Understanding Rage

- Rage is often a mask for deeper pain, such as betrayal, abandonment, shame, or powerlessness.
- It can become obsessive and compulsive, cycling through mental justifications and uncontrollable outbursts.
- Unresolved rage leads to damaged relationships, emotional isolation, and self-harm.
- Rage is not who you are—it is a call for healing, boundaries, and inner peace.

Why Is This Rage Here?

- Childhood trauma, abuse, neglect, or overcontrol
- Betrayal or repeated violations of trust
- Lack of emotional validation or safe expression
- Suppressed grief, guilt, or shame
- Internalized powerlessness and lack of control
- Generational conditioning (family history of anger)
- Perfectionism, fear of failure, or chronic stress

Step-by-Step Self-Healing Process

Phase 1: Awareness and Ownership

- Keep a Rage Trigger Journal: Write down situations, feelings, and thoughts that precede episodes of anger.
- Daily Mirror Work: Say to yourself, "I see you. I know you're hurt. I am here to heal you."

- Accountability Statement: Write down who you've hurt through your rage and how it made you feel.

Phase 2: Releasing Suppressed Emotions

- Breathwork Practice: 10 minutes of deep connected breathing to release stored emotion.
- Somatic Release: Use safe physical movement (e.g., punching a pillow, shaking, yelling in a safe space).
- Emotional Expression Letter: Write letters to people or situations you're angry at (do not send them).

Phase 3: Rewiring Thoughts and Beliefs

- Identify Beliefs: "People always hurt me," "I can't trust anyone," etc.
- NLP Reframing: Transform beliefs to "I can protect myself with calm strength."
- Hypnotic Suggestions: Use audio or self-hypnosis to embed peace, confidence, forgiveness.

Phase 4: Soul and Energy Healing

- Transpersonal Regression: Explore when the root wound first formed (inner child work).
- Metaphysical Energy Clearing: Use visualization to clear black or red energetic cords from the body.
- Chakra Healing: Focus on solar plexus, heart, and throat chakras.

Phase 5: Integration and Rebuilding

- Rebuild Trust: Journal how you can repair the harm done to others.
- Service Action: One small act of kindness weekly to someone you've hurt or to a stranger.
- Set New Boundaries: Learn to say "no" without guilt and "yes" to peace.

Daily Affirmations for Healing Rage

- I am not my rage. I am healing and free.
- I release the fire of pain and return to peace.
- It is safe to feel, safe to express, safe to let go.
- I forgive myself and others. I choose love over pain.
- I reclaim my power with calmness and grace.
- I am safe. I am loved. I am whole.

Exercises for Self-Reflection

1. What is my earliest memory of feeling angry?
2. Who am I really angry at underneath the surface?
3. What have I lost that I haven't grieved?
4. How has my rage protected me?
5. How has my rage hurt others and myself?
6. What part of me needs love and safety the most?

Closing Commitment

Write a letter of commitment to yourself:

"I now choose to heal. I will no longer allow rage to rule my life or relationships. I forgive myself. I will honor my pain by transforming it into strength, not suffering."

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Dr John Souglides, Ph.D.

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