

Activity

FIVE STAGES TO INTEGRATING WRATH

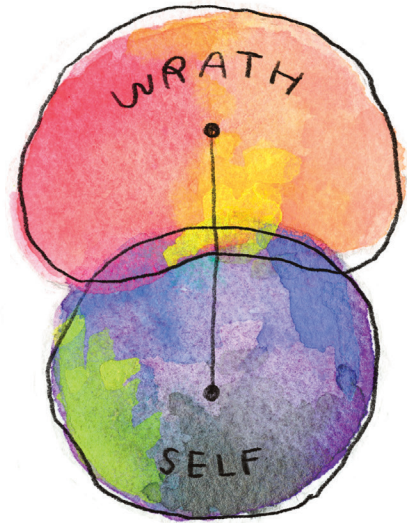
by Vicki Tan

Wrath is that fierce energy that rises when something sacred to you is threatened. Different from everyday irritation or petty anger, it's the protective fire that ignites when you witness injustice, cruelty, or harm to what you care about.

Integrating wrath isn't about "becoming Zen" or transcending anger. It's about learning to hear what your fury is protecting, then channeling that protective fire into something that can be directed and embodied in alignment with your values. This process matters because the world needs people who can be fierce without being destructive, who can fight for what matters without losing themselves in the fight.

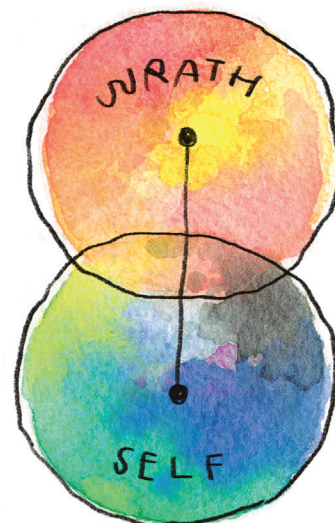
How to use this guide:

Find yourself in these five stages (not where you think you should be, but where you are right now). Work with the corresponding practice until that energy feels less like something happening to you and more like something you can wield with intention. The goal isn't to eliminate wrath but to become its wise partner. ☺



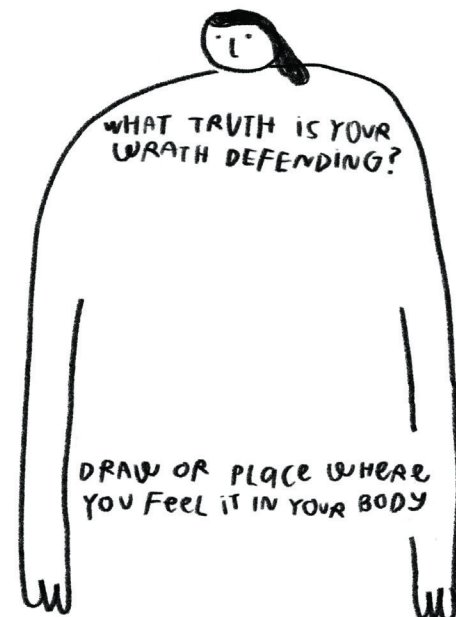
STAGE 1
OVERWHELM

Your wrath feels overwhelming and all-consuming. It screams, "This is wrong!" or "I must protect!" The energy is urgent, mixed with fear and reactivity. You feel like you must act immediately or something terrible will happen.



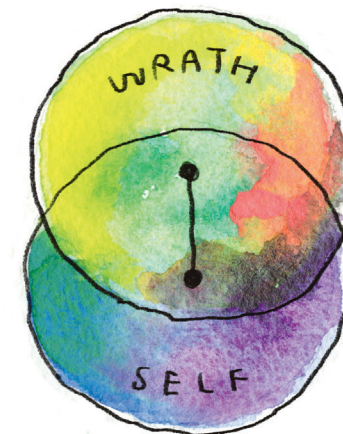
STAGE 2
RECOGNIZING

Your wrath is pointing to something you deeply value. It says, "This matters to me." The energy is intense, but you can hear wisdom beneath the fury. You can feel this energy revealing what you truly stand for.



STAGE 3
DIRECTING

Your wrath feels like a wise counselor, saying, "You have the power to make a difference" and "This is yours to address." The energy is focused and purposeful. You sense it is calling you toward leadership and responsibility.



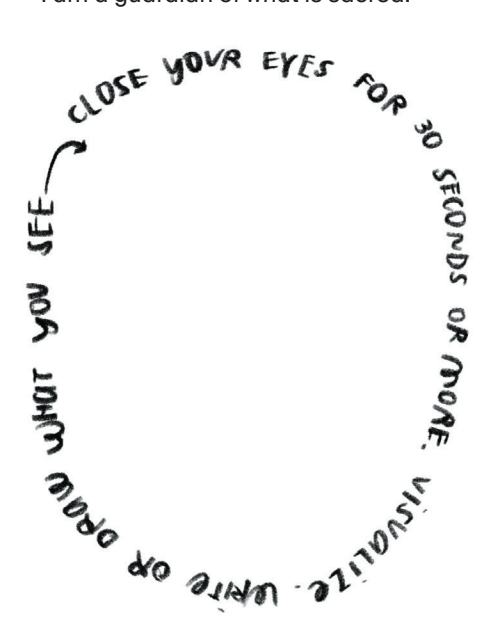
STAGE 4
PARTNERING

Your wrath feels like a trusted inner guardian that arises when needed, imparting guidance about when to be gentle and when to be fierce. The message is clear and purposeful: "This is how I serve." You trust this energy's wisdom.



STAGE 5
EMBODYPING

Your wrath is one with your wisdom and compassion. It's not a separate voice but part of how you naturally respond to the world. It moves through you as fierce love whenever protection or awakening is needed, saying, "I am a guardian of what is sacred."



Vicki Tan is a Taiwanese American designer based in San Francisco. Her work explores the relationship between behavioral science and product design. She is currently design staff at Pinterest and was previously at Spotify, Headspace, Lyft, and Google. Her debut illustrated book, *Ask This Book a Question*, teaches better decision-making through the lens of cognitive bias.