

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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**"If you don't set a baseline standard for what you'll accept in life, you'll find it's easy to slip into behaviors and attitudes or a quality of life that's far below what you deserve."**

**- Anthony Robbins**

[Yale University](#)

[Research on PMS - Dr.](#)

[Yonker.](#)

## Good day dear woman reader!

This month, I will talk about anger.

I have the pleasure of replying to a woman I will call 'Rachel' who confided to me that she knew she has relationship problems, but during PMS, the ugly bear in her really rears its ugly head. She feels almost hateful towards her husband. She bites her tongue and grits her teeth as best she can but even her tone of voice probably reveals how she feels.

Of course, she says, her husband is not perfect. **Who is?** She does not want to spew her venom on him at a rate and volume that isn't warranted. So her normal response is to just try to not speak and avoid contact if possible.

*My dear Rachel, you are going through what many women go through in that phase of their PMS. Be it your two young teenagers or your husband, you will have to acknowledge first off that they also have a responsibility in this situation. I will come back to this later.*

Also for her, Winter represents that she cannot go out in her garden and escape. I also love my garden and know how peaceful and rewarding it can be, even as a sane escape from your dear writer's point of view here.

However, would Winter and its propensity to have us barricade ourselves inside become a moment that pushes us to investigate within what an apparent reality may hide, especially when our usual escapes are out of reach?

For Rachel who shared she does not want to explode all her frustrations and direct them at her spouse, she finds no better way than to shut up!

**What is to be done with this so-called Anger monster?**

*First of all, I would love to inspire you to think that anger may, at times, become a totally perfect emotion.  
Yes, you read well!*

**A bit of therapeutic history...**

It frequently happens with my clients that I have to reframe what anger really is. For decades, our society has done a lot to sensitize us to not tolerate violence, whether within the marriage or elsewhere, and I totally agree.

However, I find the pendulum has gone way to the extreme. All the slogans, the beliefs pushed to their limit, and mainly that men all have the potential to become violent, have given anger a very bad reputation. Literature, even some teachings from religions and spiritual masters, lead the way in telling us to let go of anger for it

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will take us to hell!

I agree wholeheartedly if that anger has become a daily reaction directed at all that moves, one must get out of the way. However, we have arrived at a distortion in not making the distinction between what I call sane anger and any aggressive reaction directed against others and/or ourselves.

More and more support groups have volunteered to teach men (in majority for they have ended up with the label of being violent) to manage their so-called anger. I totally agree they need help but not because they are monsters, but rather because they never have learned what was happening within or where this anger was stemming from.

As regards women, if they are angry, they either are PMS-ing or crazy or hysterical. We rarely talk about women's violence toward men. (That might become the subject of a future Newsletter.)

**Remember: there must always be at least two people to play a psychological game!**

First of all, I want to reassure you that I understand why some humans (men and women) have ended up with such an accumulation of anger that turns out in evil violence, and at times unfortunately murder. I will never agree one has to get to those acts of aggressiveness. As far as I am concerned, if the person wants to heal, s-he will get there.

On the other hand, I have this profound belief that we all have a good dosage of anger, but for the majority of us, we do not know where it comes from and much less what to do about it and how to manage it.

I decided many decades ago to study and learn to differentiate between sane anger and anger as an emotion that never expresses itself, or so little, that the person ends up accumulating to a point of no return. That person ends up exploding and it is never pretty. I cannot help but to see how my clientele (mainly consisting of women) has an accumulation of anger and does not know what to do about it, other than pushing it down their throat.

**Now, what about this anger experienced by so many women while having their PMS?**

My own studies and life experiences, my observations about how humans live their emotions, have helped me see how our education has had such a great influence on us and especially how to react to our parents' emotional catalogue.

In principle, it is well known that we have been taught the manner by which we express our emotions. If our parents were themselves having a difficulty as regards one specific emotion (or if they thought they were doing their best teaching us to not be angry), we have adopted these attitudes and have now become the puppet of their own system of values and emotions. Too often we have not revised this emotional catalogue.

I often teach that we have mainly been shown that it was 'normal' for the little girls to cry and 'normal' for the little boys to get angry. And from there, we see women cry and not get angry and we see men get angry and not cry. We continue on that bus of life without having revised our beliefs. It changes little by little but very slowly. But before we become conscious that we have to change, we are stuck in the "emotional racket" to almost never free the appropriate emotion.

In my teachings to my clients, I declare that all emotions are good and that it is much better and a healthier attitude to know and recognize which one shows up and finally understand what to do and how to heal what happens. **Too often women cry their anger** and **too often men anger their sadness**. The result never heals nor does it contribute to a healthy management of our true feelings. Most of the time, it contributes to further this accumulation.

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## Let's come back to anger

This emotion is very present when we meet a frustration in our daily routine. What do we do with it ? Did we not hear we should swallow it, see it as unimportant, that to hide our reaction will show a deeper maturity, and so on... or what else...?

But in reality, I hold on to the teachings from one of my very important mentors, and I never read or heard it anywhere else, **that a sane anger was part of self affirmation!** I invite you to meditate on that one for it has its weight of gold.

If someone steps on your foot repeatedly, will you not raise your voice and either ask them to stop or else remove your foot from there? Even silent gestures may become a sane reply of anger. I hope you will react as to protect yourself. This sane anger toward someone else who lacks respect toward you is a fundamental sign that you are right in ending this bad treatment. Whether it is a psychological pain, emotional or physical, you must protect yourself. That is what Carl Jung would have called: *A sane dose of Ego.*

## Let's talk about couples now

As of now, I know no couples who do not bring in some of their unresolved emotions, or past wounds within their relationship. Whether these wounds stem from our parents or siblings, we carry them with and within us. One must have a courageous desire to introspect oneself in order to recognize that our spouse reminds us of Mom or Dad or a sibling in what they used to hurt us in our youth. It is totally correct to ask of a spouse that they change or better their behaviour. But also, it is correct for them to require the same of us. The solution must be one that works both ways. I highly recommend you read: *Getting the Love you want* by Dr. Harville Hendrix.

I would love to be able to talk to you so the tones I use would resonate better in your ears. But in brief, writing has its limits and I invite you to question further and ask for more explanations if what I write here is not quite enough for you. Overall, you may have to better your communication, for it is too often the source of both great joys and great wounds, depending of the quality of expression spent between two people within the couple.

And finally, you must investigate within. If once you have expressed your demands clearly to your spouse (who causes you to feel anger) to change his behaviour or to better his attitudes, (that are a source of triggering your anger), you realize that no changes are effected for the better, you will have a decision to take. Either you continue enduring and getting angry, or you put an ultimatum toward the other that he stops doing what he does.

If your anger does not find its source in your spouse's gestures or actions, (or children, who at times may lack respect also), you must explore where this anger comes from. You must heal it because it may very well belong to someone else's attitude and reactions that you never revised. It belongs to the one who has the emotion to investigate what is its source.

## Now, coming back to what is 'respons-ability'

A mentor from whom I greatly learned, Dr. Wayne Dyer, says:  
*'Respons-ability, is simply the ability to respond.'*

## Respond to what, to whom?

If my spouse or another person is acting in a way or says words that I do not agree with, I can respond in many ways. Does anger contribute to better the situation? Answer: sometimes, if the other has ears to understand that it is possible he does actions (non appropriate) that trigger anger in us. But anger should happen if we go through a frustration of not feeling heard, understood, respected... mainly from those we have chosen to live our life with. For other persons, the same lack of respect will trigger sadness. It is also important to understand that our requests may not be heard

from others, in which case, you will have to decide if you continue that relationship with that person. Life is an endless question of choices.

Now, these actions-reactions must be examined with a magnifying glass that steps out of the ordinary. Is your spouse triggering an old wound you never have examined, much less understood and acknowledged?

If a stranger on the street tells you unwarranted foul words, how much energy will you waste in anger? That becomes another situation you must examine in your daily life. And there again, these words may remind you of a wound from your childhood. It is up to you to make your own investigation.

My experience has proven that it is almost always the case. Then, I have to examine my anger if it belongs to this old wound and stop carrying it in the present moment. It belongs to us to get the necessary help from an objective expert to help us make the difference if we want to heal that past. Otherwise, we keep colouring the present with our past and infringe on our present relationship.

I could go on and on and would risk repeating myself. I offer you all to send me your comments and questions that I will answer as best I can.

**NEXT MONTH:** I will have been lecturing and introducing my books in Austin, Texas to a World Wellness weekend where Dr. Deepak Chopra will also be a speaker. I hope to come back and share I was able to meet the man for he was such an important inspiration throughout my research on PMS in link with the subconscious.

I wish you a wonderful month of February.

**Warmly:**

*Pauline Houle* - Therapist – author

[pms@paulinehoule.com](mailto:pms@paulinehoule.com)