

READING
COMPANION &
SMALL GROUP
DISCUSSION
GUIDE



WEEK 3
October 4 - October 10

PART 2

Anger & Worry

ANGER (DESCENDANTS RAGE & RESENTMENT)



“...when identified and understood, the unmitigated energy of Anger can be instantly transformed into the peace that passes all understanding.”

“The danger of unacknowledged, unmanaged, or suppressed Anger is doubly dangerous when we consider that its direct descendants, Rage and Resentment, are eager and ready to join the party. Interestingly, they do so by moving in diametrically opposed directions.”

“As we grow older, our Anger morphs into different types of rants and errant behavior, and while the things that trigger our Anger may appear to change, it is stimulated by the same Fear, the Fear of loss of something.”

By Dennis Merritt Jones

ANGER (DESCENDANTS RAGE & RESENTMENT)

READING COMPANION

Think about these questions as you read. Journal the questions and “ah-ha” moments that come up for you



Think of a recent time you felt angry. What felt threatened? What were you afraid of losing, such as respect, safety, connection, or control?



Anger can move outward as rage or stay within us as resentment. Which feels more familiar to you? How do you notice it affecting your life?



In the talk this week John asked, “What is mine to do?” Consider something you are angry about. Does it call for a boundary, an honest conversation, a repair, or another action? What would help you respond with care?



What might you miss out on if you continue carrying a resentment? What could become possible if you began to release it?

WORRY (DESCENDANTS REGRET & ANXIETY)

”

“When was the last time you had a repetitive negative thought?”

“Instead of paying attention to the present moment, we’re usually anxious about the future or regretful over the past.”

“It’s the mark of great wisdom not to take today or tomorrow for granted, or to squander it on something over which we have little or no control.”

By Dennis Merritt Jones

WORRY (DESCENDANTS REGRET & ANXIETY)

READING COMPANION

Think about these questions as you read. Journal the questions and "ah-ha" moments that come up for you



When worry appears, does it usually carry you into the future or back into the past? What concern about loss might be beneath it?



How do you recognize the difference between making a useful plan and repeatedly circling the same worry? What happens to your energy and attention in each case?



John described sailors preparing carefully, then responding to the conditions they have. Think of something you are worried about. What can you take care of today? What are you trying to control that is beyond your reach?



What does worry pull you away from in your life right now? What helps you return to the person, activity, or moment in front of you?

WEEK 3 - SMALL GROUP GUIDE

Small Circle Agreements

Confidentiality

I help create a safe environment by maintaining confidentiality.

Right to Pass

It is okay not to share.

"I" statements

I speak for myself and remember that I can never know someone else's experience.

Change your mind as often as you like

Stay open to new ideas and new revelations from our shared wisdom.

Be Present

I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions

We take responsibility for our own reactions and meet each other with love.

Advice-free zone

I practice sacred listening and refrain from giving advice.

Opening Affirmation: *I meet myself and others with compassion. My feelings have something to teach me, and I am open to the understanding we can discover together.*

Check-in:

- Which messenger did you notice most this week?
- Did you find a moment to pause?
- What helped you feel present this week?

Discussion Questions:

- For each chapter, what stood out for you?
- Pick a question from the reading companion and share your answer
- From your reading /Sunday talk - what inspired, frustrated, confused or clarified something?

Closing: *Each person say one positive takeaway from the group meeting today.*

Closing Affirmation: *I pause, I listen, and I choose my response with wisdom, courage, and love. I trust myself to take care of what is mine to do today.*



Pause: Notice anger rising, worry circling, or an old conversation replaying in your mind. Take a breath and ask: "What am I afraid of losing?" Give yourself time to listen before choosing your response.



Choose: Take one useful step toward something that concerns you.



Return: Practice a few minutes of meditation. When thoughts pull you away, gently return to your breath.



Make a "What belongs to today?" page. Write down a worry, then note what you can actually address today. If there is a useful action, take it. If there isn't, choose something in your present life to give your attention to.



Continue your Messenger Jar. This week, include what you did after noticing anger or worry. At the end of the week, look for moments when you responded differently or understood something new.

Read Chapters on Judgement and Selfishness

FALL PROGRAM RESOURCES



<https://www.unitypaloalto.org/when-fear-speaks-listen>

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