

THE CENTER FOR BLACK, BROWN  
AND QUEER STUDIES



# RAGE TO HEAL

FINDING OUR HUMANITY THROUGH  
OUR EMOTIONS

**WITH DR. NICOLE TRUESDELL**

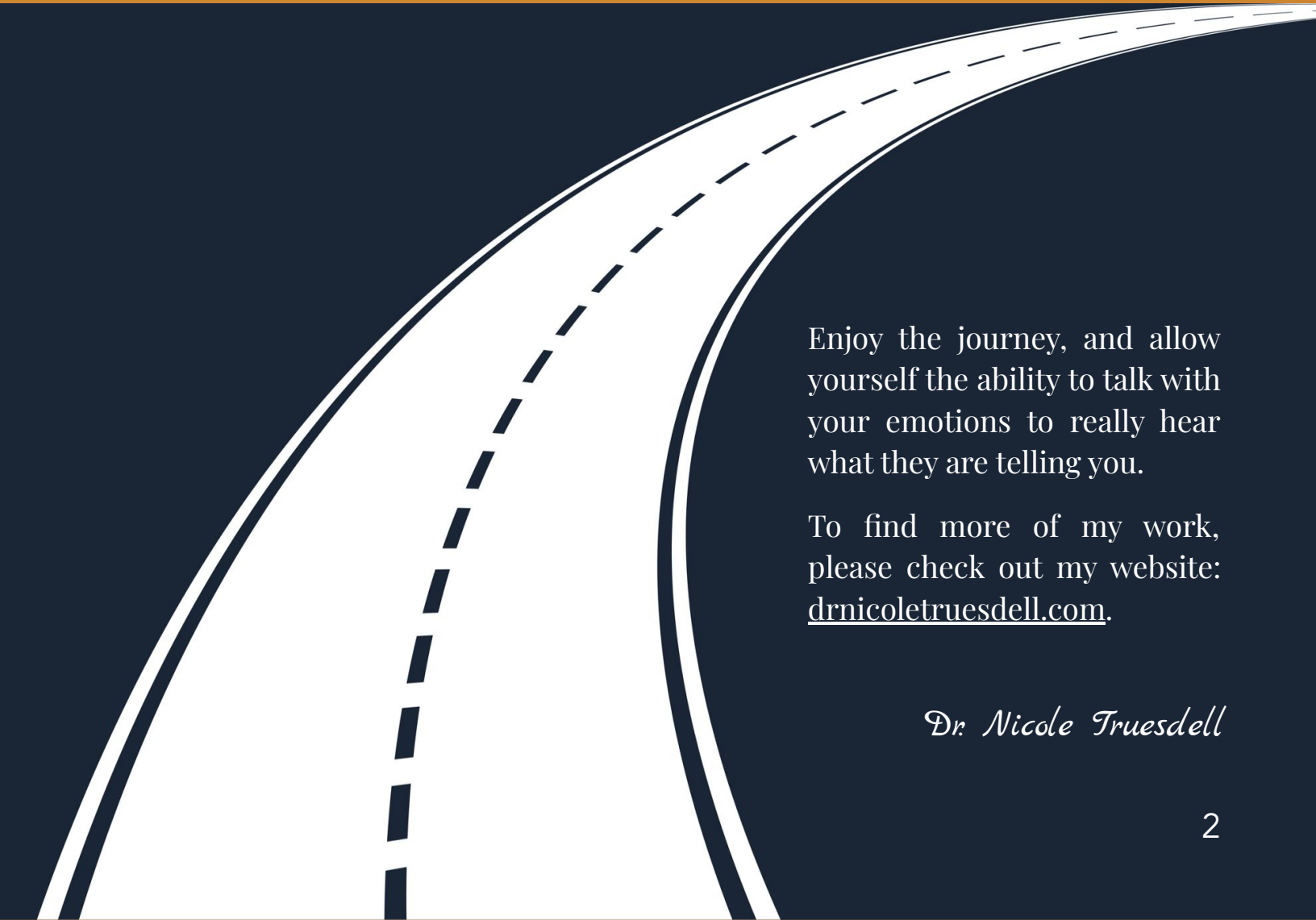
# HELLO!

I'm Dr. Nicole Truesdell, and I am a Black queer anthropologist committed to a liberatory humanity. Welcome to "Rage to Heal: Finding Our Humanity Through Our Emotions." This limited series is produced in partnership with the Pedagogy Lab at the Center for Black, Brown, and Queer Studies.

This is a series dedicated to our emotions: those feelings that surge through our bodies and remind us, for better or worse, that we are indeed alive.

The questions, then, are: are you living? And what is life?

This self-guided series attempts to help you answer those questions for yourself. Throughout the series, you will invite the emotion of anger into the space, working with it as a compass that can lead you to your authentic self.



Enjoy the journey, and allow yourself the ability to talk with your emotions to really hear what they are telling you.

To find more of my work, please check out my website: [drnicoletruesdell.com](http://drnicoletruesdell.com).

*Dr. Nicole Truesdell*

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# Episode 1

Inviting Anger In





# Anger

## THINK

What first comes to mind when you think of the word **anger**?

## FEEL

What does anger **feel** like to you?

## Song 1

What song encompasses what you wrote above?



# Check-In

How do you **feel** after listening to this episode?

Song 2

What song embodies these feelings for you?



# Episode 2

Permission Slip



# Permission Slip

I, 

give myself permission to  
be fully present in my body  
and humanity while  
listening to this series.





# Check-In

How do you **feel** after listening to this episode?

Song 3

What song embodies these feelings for you?

# Episode 3

Our Stories



# Finish the Sentences

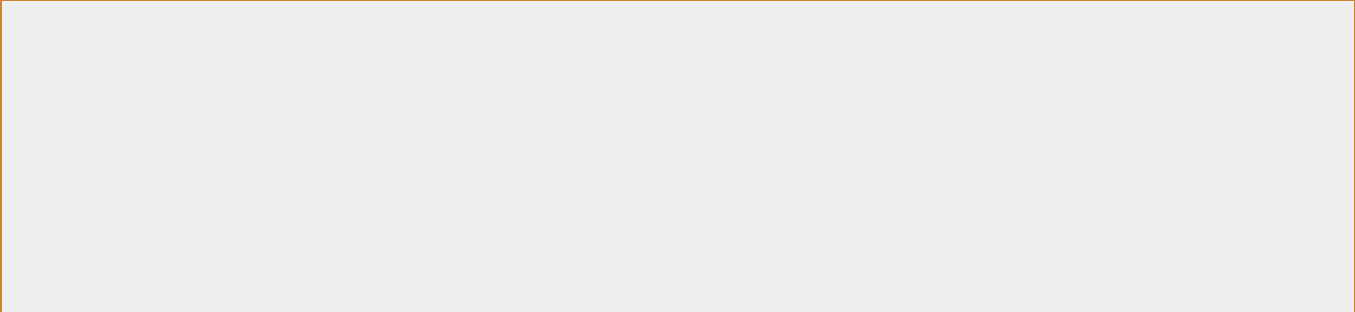
Write down the first thing that comes to mind.

When I was young, I dreamed of being...

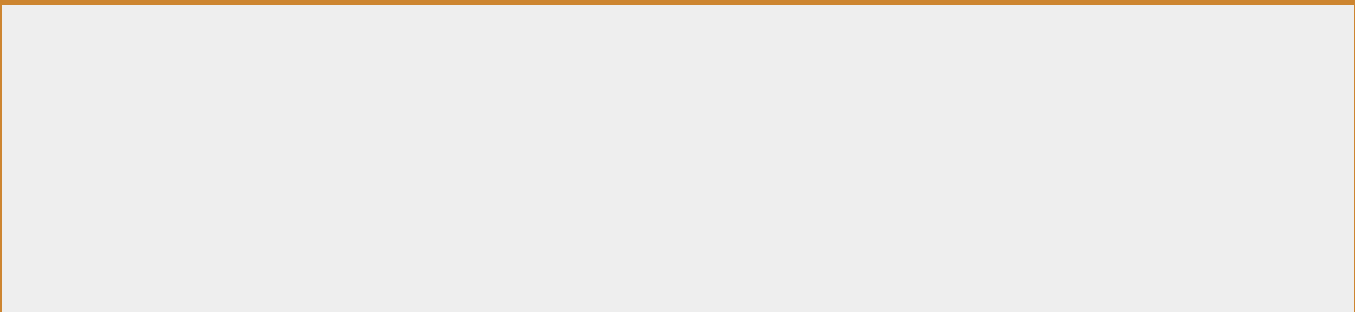
When I am angry, I feel...

When I was young, I also dreamed of being...

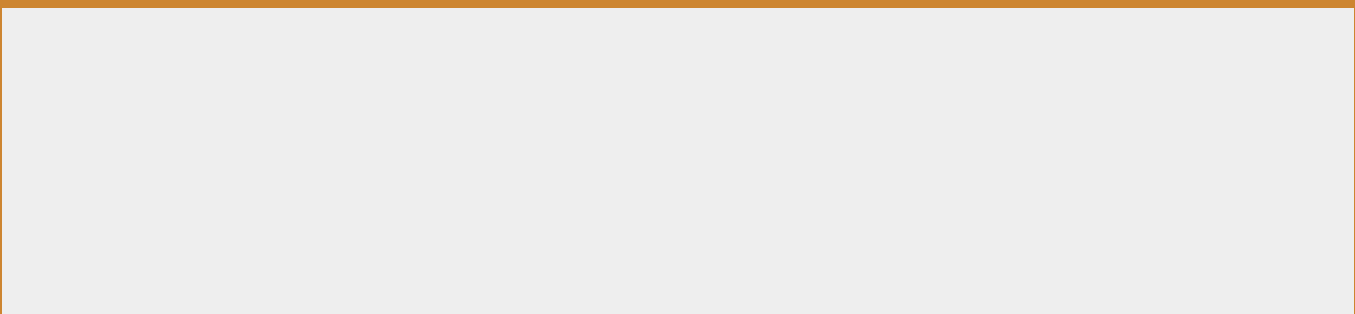
Security/safety to me means...



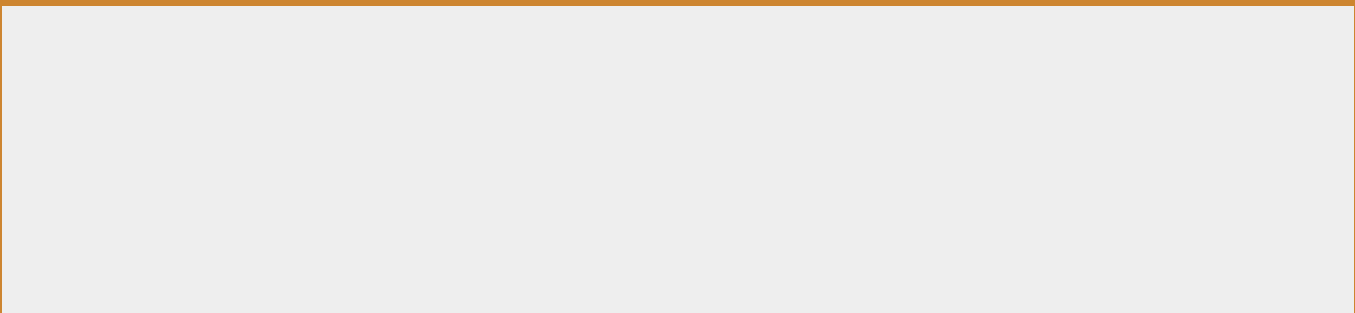
When I was young, I also dreamed of being...



I feel afraid when...



When I was young, I also dreamed of being...





# Check-In

How do you **feel** after listening to this episode?

Song 4

What song embodies these feelings for you?



# Episode 4

The Body





# Finish the Sentences

Write down the first thing that comes to mind.

When I look in the mirror, I see...

Blank white rectangular area for writing the answer to the first sentence.

My body feels most alive when...

Blank white rectangular area for writing the answer to the second sentence.

I feel most rested when...

Blank white rectangular area for writing the answer to the third sentence.

I know I am afraid when...

A large white rectangular box intended for the user to write their response to the prompt "I know I am afraid when...".

I stay where I am because...

A large white rectangular box intended for the user to write their response to the prompt "I stay where I am because...".

I am...

A large white rectangular box intended for the user to write their response to the prompt "I am...".





# Check-In

How do you **feel** after listening to this episode?

Song 5

What song embodies these feelings for you?

# Episode 5

## The Soul





# Word Association

Write down the first three things that come to mind.

## WATER

1.	
2.	
3.	

## FIRE

1.	
2.	
3.	

# EARTH

1.	
2.	
3.	

# AIR

1.	
2.	
3.	

# SOUL

1.	
2.	
3.	

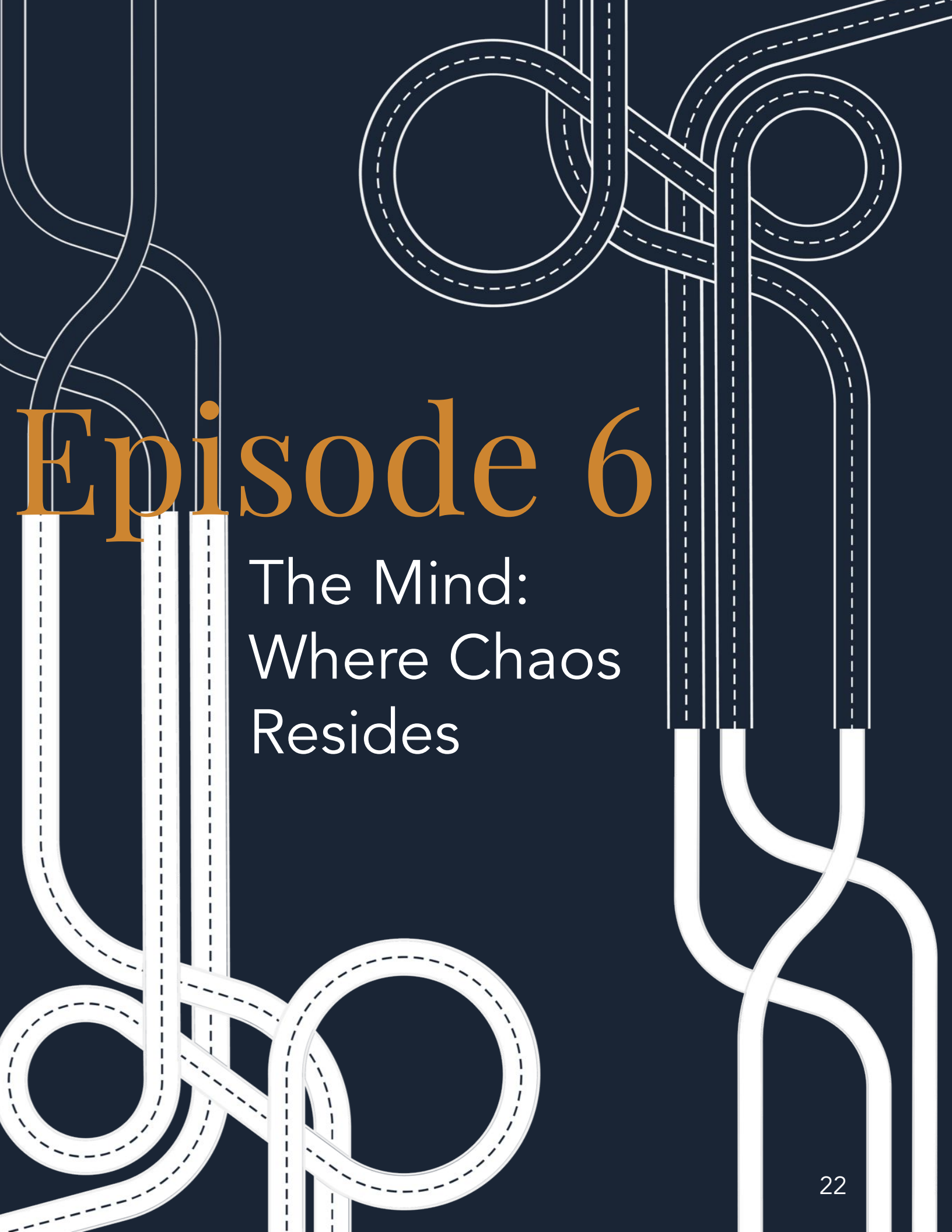


# Check-In

How do you **feel** after listening to this episode?

Song 6

What song embodies these feelings for you?



# Episode 6

The Mind:  
Where Chaos  
Resides



# Critics

Adapted from *The Artist's Way* by Julia Cameron

List <b>three people</b> who made you feel negative about yourself at some point in your life.	Give <b>one example</b> of something each person said or did.



# Critics

Take a minute to look at what you wrote. How do you **feel**?

## Song 7

What song embodies these feelings for you?





# Champions

Adapted from *The Artist's Way* by Julia Cameron

List **three people** who have made you feel good about yourself at some point in your life.

Give **one example** of something each person said or did.




# Champions

Take a minute to look at what you wrote. How do you **feel**?

## Song 8

What song embodies these feelings for you?

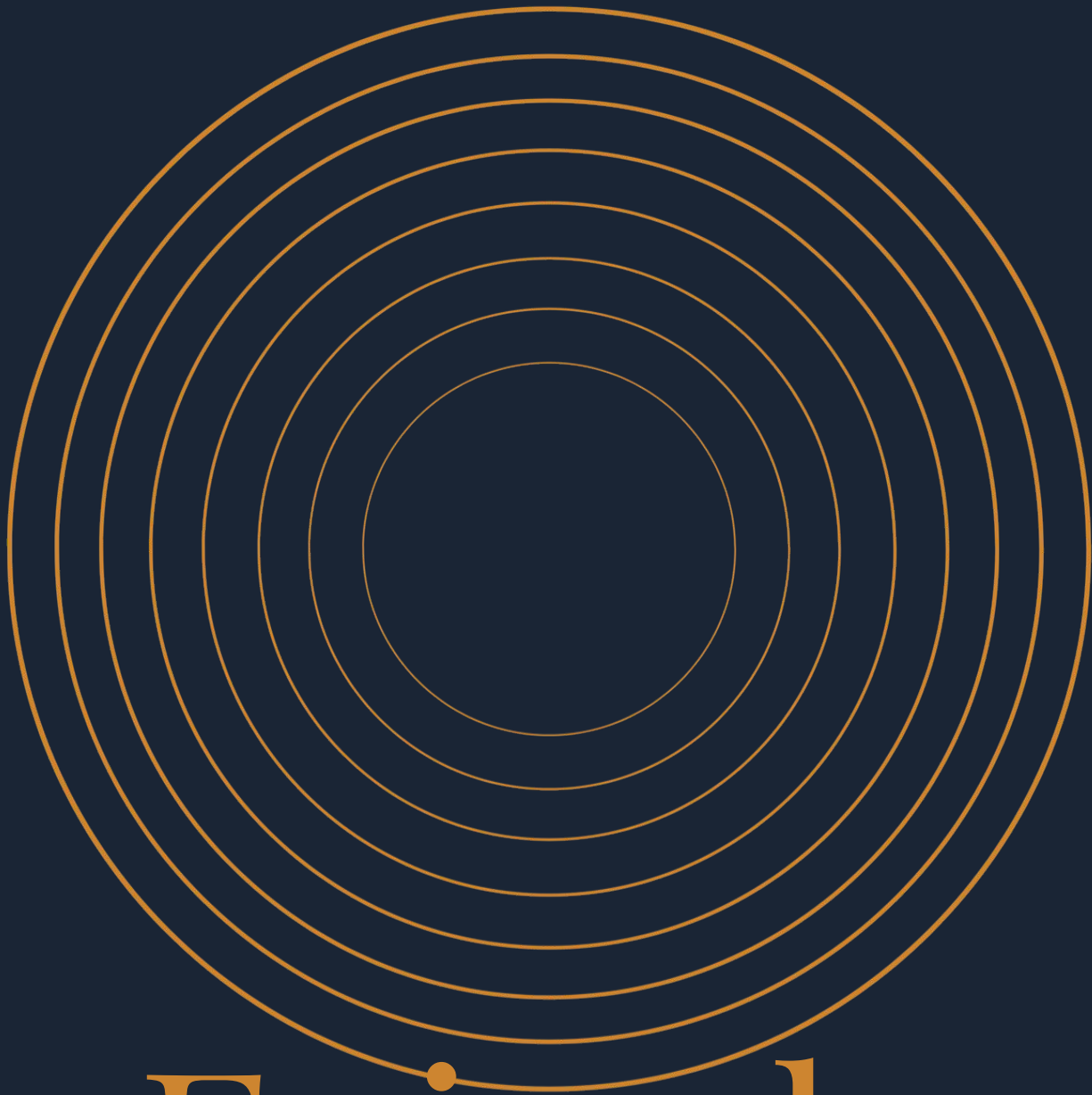


# Check-In

How do you **feel** after listening to this episode?

Song 9

What song embodies these feelings for you?



# Episode 7

Self Study:  
Bringing It All Together



# Reflection

As you think about the past six episodes, what emotion came up the most for you?

Song 10

What song embodies this feeling for you?



# My Playlist

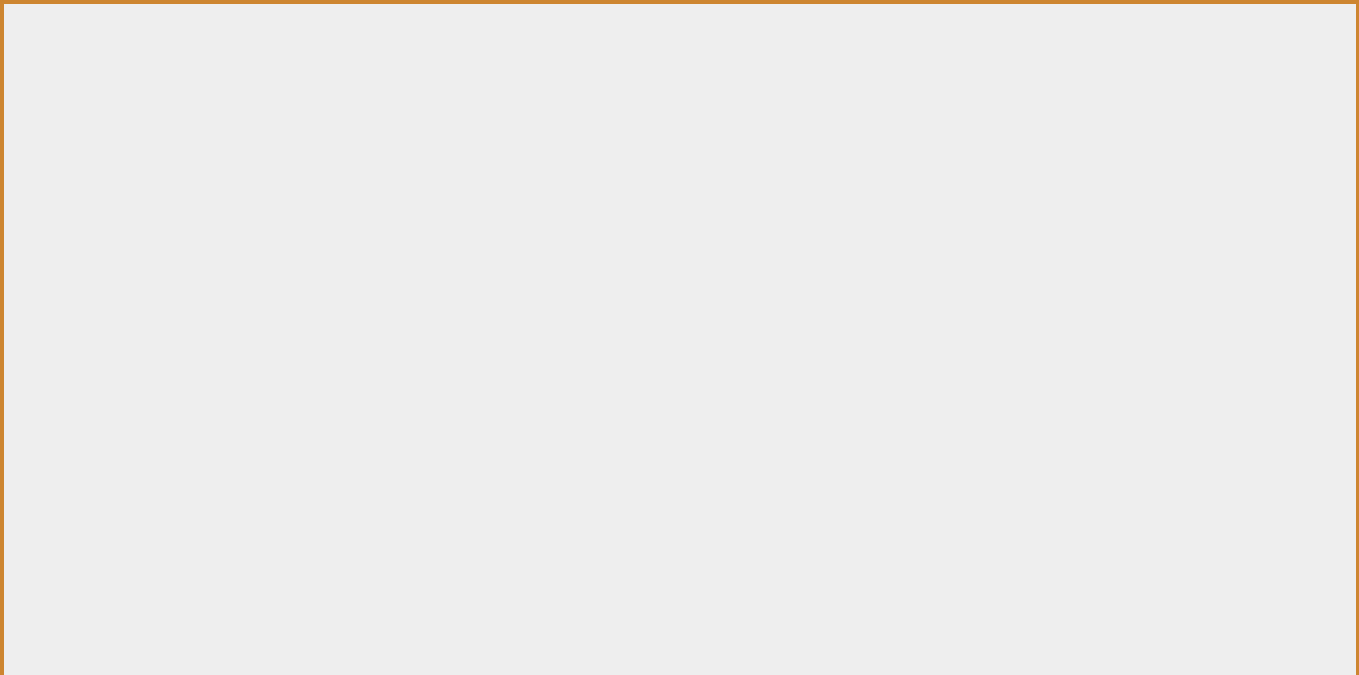
Go through the previous pages and write your ten songs below. Then create your playlist using your preferred music app.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



# Reflecting on Anger

- 1) Reread what you wrote about anger in Episode 1, Inviting Anger In (page 5).
- 2) Hit “play” on your playlist.
- 3) Set a timer for **10 minutes** (or longer) and write down everything that comes to mind about your anger as the music plays.
- 4) When you’re done, read what you wrote and allow your anger to speak to you. Repeat as needed.











# Remembering

- 1) Reread what you wrote in response to the prompts for Episode 3, Our Stories (pages 11-12).
- 2) Reflect on how your responses connect to your anger and fear.
- 3) Put your responses in conversation with your anger and fear, either writing a short paragraph here or voice-recording your thoughts.

A large, empty white rectangular box intended for writing or voice-recording responses.





# Body / Soul

- 1) Reread what you wrote in response to the prompts for Episode 4, The Body (pages 15-16).
- 2) Write yourself a new short bio that brings together all those elements of you.





# Body / Soul

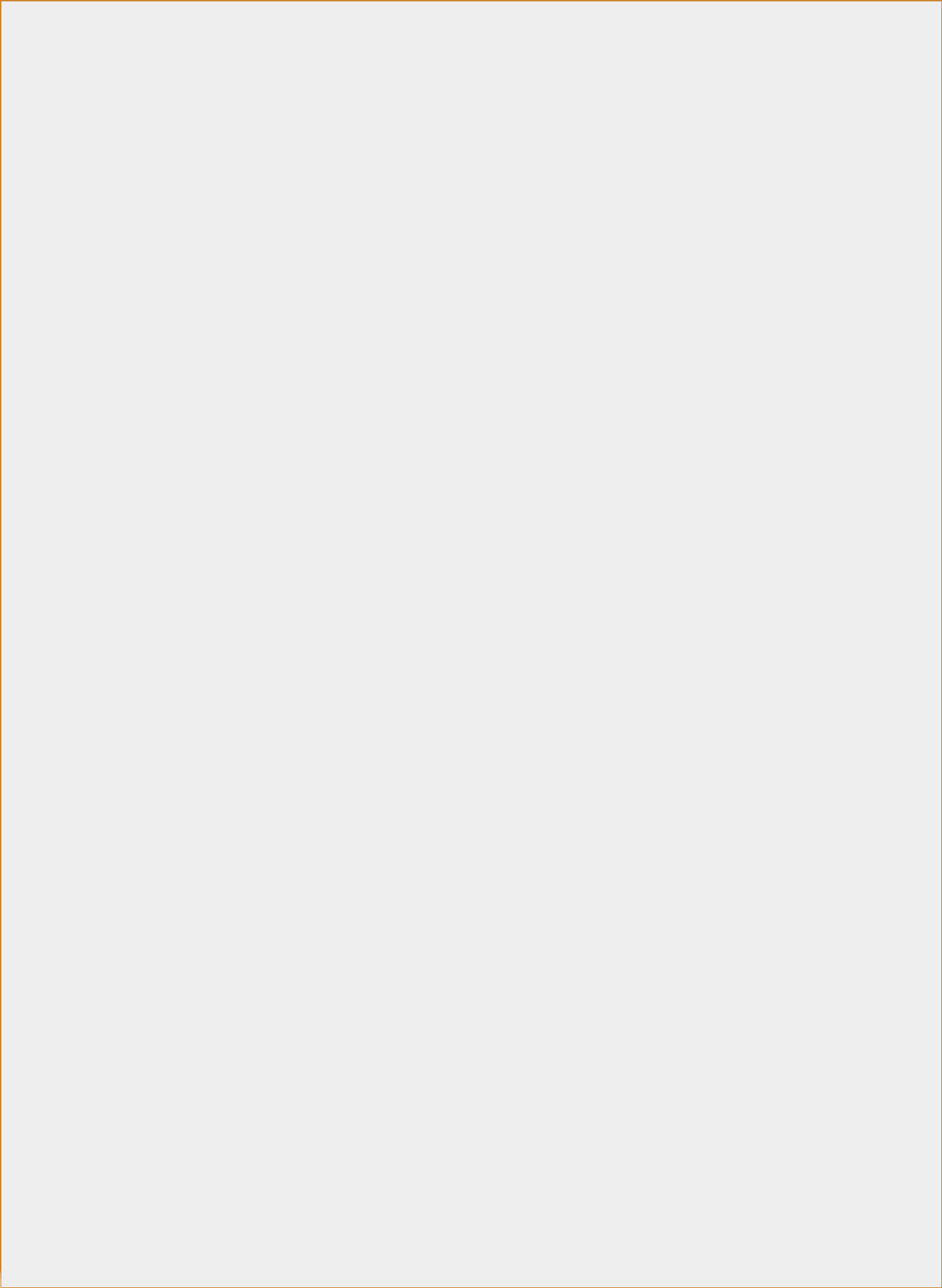
- 1) Reread your elemental word associations from Episode 5, The Soul (pages 19-20).
- 2) If you'd like, create a small personal altar in your home that has one component from each of these elements. List ideas for your altar below!

- 3) Place your new bio on your altar. Dedicate time to spend in that space, reflecting on who you are and how you want to show up in the world.

A stylized, light-colored flame graphic is positioned on the left side of the page, partially overlapping the text. The flame has a soft, glowing appearance with a yellow and orange gradient.

# Voices in Your Head

- 1) Review your Critics and Champions from Episode 6, The Mind (pages 23-26).
- 2) Reflect on how these people represent various voices that might live in your head, disguised as you.
- 3) Reflect and meditate on these voices as you continue to do your self-reflective work. Once you can let those voices go with love, you then have fresh space to fill up with who you are.







# Thank you!

We hope this process has been meaningful for you.

Please share your playlist on Twitter and Instagram with the hashtag [#RageToHeal](#).