

Archetypes Rage



ALMAPURA AWAKENINGS™ REFLECTION WORKSHEET

Rage & the Sacred Collapse: (Wounding & Protection)

An Almapura Archetype Teaching

Meeting the Archetype Within You

When you hear the word “archetype,” what does it stir inside you? Does it feel ancient? Familiar? Neutral? Uncomfortable?

Rage is not who you are, it is a state you move through. When in your life did you first experience this state?

What Rage Feels Like in Your Body

The body tells the truth before the mind does. Where in your body do you feel rage begin? Describe sensations, temperature, movement, or pressure.

If your rage could speak a single sentence, what would it say?

The Wound Beneath the Fire

What is the earliest memory you have of feeling this exact type of hurt? You don't have to analyze it, just name it.

What part of you feels unsafe, unseen, or unheard when rage rises? Describe the younger version of you.

Noticing Your Personal Rage Cycle

What typically happens right before rage appears?

What happens inside you when the rage is at its strongest?

After the rage passes, what emotion usually rises next? Sadness? Shame? Vulnerability? Relief? Something else?

Sadness: The Soft Voice Behind the Fire

When sadness follows rage, what does that sadness feel like for you?

Does the sadness feel like a younger part of you asking for care? Write what that part needs from you today.

Creating Space Instead of Collapse

When the fire rises, what helps you stay connected to your body? Breathing? Stepping away? Silence? Prayer? Naming your feelings?

What would compassion look like in the exact moment you begin to shut down?

A Spirit-Led Perspective

When your emotions overwhelm you, what spiritual presence or truth comforts your heart? Jesus? Peace? God? Light? Warmth?

If that presence could speak to you right now, what would it say? (Write the first sentence that comes.)

Your Almapura Healing Intention

What is your intention for healing your relationship with rage? Not to never feel it, but to understand it, honor it, and transform it. Complete this sentence:

"My intention for healing the rage archetype is..."
