

Handling conflict and anger

Often I find that I unconsciously process conflict or anger. It can happen while I am preoccupied with daily chores. Sense of an underlying insecurity. Or it happens in dreams while I sleep in a restless sleep.

The best way to disengage myself of the often negative thoughts is to get up and go to the window or out on the terrace and watch the beautiful view of the picaresque town, the lake, the mountains and the fiord.

Conflict and anger will not disappear, but it all falls into the right perspective - as in the overall whole insignificant and unimportant compared to the great life we take an active share in.



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