If I Change, Will I Lose My Edge? | Tessa De Armond Transcript

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Anger Is Not Your Identity

That's what I hear from high-achieving women who struggle with anger. And it isn't true. Here's the myth underneath it. Once you're an angry woman, that's just who you are.

You're not. Anger is a pattern and a set of skills, not a personality verdict.

Noticing Early Physical Cues

What nobody taught you is how to notice the four. the five, the six, tightening jaw, clenched shoulders, and use that as your cue.

Using Anger Skills to Stay Powerful

The women who learn that don't lose their edge. They get more powerful because now they can walk into a hard conversation and still be close to the person afterward.