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**Fear, Helplessness, and Rage:
an excerpt from a discourse by Virginia Satir**
Transcribed and edited by Jennifer Nagel

In August, 1980, Virginia Satir facilitated a month-long intensive workshop in Quebec, Canada. The participants were professionals from all over the world. What follows is an excerpt from her responses to participants' questions about how she works with anger and rage. This discussion occurred just after Satir had demonstrated a family reconstruction process.