

SEEING RED

Women's experiences of anger in the first two years after birth

I P A

We interviewed a subset of 20 women who scored high on anger during the postpartum period from a larger survey study. They shared:

"We have this Incredible Hulk poster, and it says, The Monster Unleashed, and... then seeing myself as this monster being unleashed because..."

"I was taking care of his parents and their feelings, him, and his feelings, and the 2-year old and the 2 year old's feelings, and the new baby, and nobody was taking care of me."

"[Partner] and I, will apologize for our behaviour because we know that we've crossed the line... Oftentimes we end up agreeing to disagree. There's not always a productive step forward."

"My husband and I, with our son, we switch nights and he sleeps with him. We'll take turns depending on how bad he is. It allows us to have compassion and graciousness for the other one."

A
U
F
M
P
E
H
P
S
S
H
C
H

