Anger; A strong feeling of annoyance, displeasure or hostility. An emotion characterized by antagonism towards someone or something you feel has done you wrong.

The raging trickster in me first awakened during one of our meditations and writing exercises in class. In this meditation we were asked to unlock a childhood memory in which we felt like a trickster and in relation to this memory we had to answer the question; “If you could do anything today, related to this memory, what would it be?” For me the answer was simple; get revenge.

And ever since then I guess my trickster persona never left me.

She introduced me to my divine feminine rage and showed me how I could turn my anger into art.

During our classes we discussed many trickster artists and archetypes that are portrayed in movies. Movies have and are always a huge inspiration for my work, whether it’s about storytelling, the aesthetics or the lore. However, in pop culture ‘The Angry Woman’ is often portrayed as someone with an unjustified amount of anger. They are often ridiculed and perceived as an unique aberration and the creation of her own poisoned mind. This is of course a reflection of how in the patriarchy women are taught to hold in their angry emotions, starting very early in life when boys are being rewarded for being “bold leaders” and men are called “passionate” when expressing their anger.

One of the movies we watched as a part of this course was the 2021 hit ‘Cruella’. This character ,and many other characters related to the revenge/female rage movies, became important for me during my research. I analysed them and their trickster behaviour because I noticed that there was a connection between the femme fatale trope and the trickster archetype.

“Disrupt and push back against a system that views you as a machine. You are not a machine. You are a divine human being. WE WILL REST!” (Hersey). This is one of the many sayings used by The Nap Ministry. The Nap Ministry is an organisation that examines the liberating power of naps and resting and was founded in 2016 by Tricia Hersey. I had never heard of an organisation like this one before until we discussed it during our class. The Nap Ministry made me realize that there is anger in resistance and resistance in anger. These two emotions can be used together as a tool to push back against patriarchal norms and any other faulty system that was forced upon us.

Resistance and anger seemed to fuel my trickster persona and she made me get in touch with my own anger. My own anger comes from a place related to trauma, this means that it’s not always noticeable or explosive and that sometimes I rage in silence. “Anger is usually silenced and avoided as an ostracised and negative feeling, but it is probably the strongest feeling we have and the one that make us change things.” (*Destroyer — marcuervo*). ‘Destroyer’ by Mar Cuervo is a project that doesn’t necessarily show or express a lot of anger, but it is more about the underlying expression of this emotion. Anger in this project is used to rise against societies fear of anger and against the obsession with its perfectionism, this can be connected to the patriarchy’s fear of the angry woman which is something I mentioned earlier above.

But I wanted to rage and express my anger, I didn’t want to do it in silence anymore. “She grins and grimaces, smashes and struts, as rage becomes her, after all.” (Gittlen). In “Pipilotti Rist - Ever is Over All” a woman is depicted gleefully walking down the street, a bright smile on her face as she smashes the windows of the cars that are parked next to her. During her walk she comes in contact with a female police officer but instead of stopping her, she smiles and salutes the woman. The Swiss artist’s film is a joyful ‘fuck you’ to feminine good behaviour.

All these references and emotions served as inspiration for my project. Even though I didn’t made use of the movie characters in my end work, like I first wanted to, it still helped me during the filming process because for a second I actually transformed into a character myself. One who wasn’t afraid to be angry and expose the people who are responsible for that anger.

Hersey, Tricia. “The Nap Ministry”. *thenapministry.wordpress.com*, 21 februari 2022, thenapministry.wordpress.com.

*Destroyer — marcuervo*. marcuervo.com/Destroyer.

Gittlen, Ariela. “A Brief History of Female Rage in Art, from Artemisia Gentileschi to Pipilotti Rist”. *Artsy*, 15 oktober 2018, [www.artsy.net/article/artsy-editorial-history-female-rage-art](http://www.artsy.net/article/artsy-editorial-history-female-rage-art).

“Pipilotti Rist - Ever is Over All”. *YouTube*, 11 mei 2009, [www.youtube.com/watch?v=a56RPZ\_cbdc&feature=youtu.be](http://www.youtube.com/watch?v=a56RPZ_cbdc&feature=youtu.be).