Transcription: Elizabeth Day on Medusa, Taraka and female rage

No emotion is fully bad and no emotion is fully good and, actually, our understanding of life comes from embracing all of them, and that's where wisdom lies. A really large part of feminine power for me is female anger and rage, which so often we're denied full expression of. And I think that you see our discomfort with that, our historic discomfort, in the stories of people like Medusa or Taraka.

It's almost as if a woman can't contain anger because it's seen as an unfeminine emotion by the society that she lives in, and therefore it comes out in all of these horrifying ways – they literally become monsters because they're so crazed by their own fury. When a man is angry, they can be righteous, they can be Batman, they can be avenging. When a woman is angry, she is more often seen as shrewish or somehow uncontrolled or out of control, and therefore scary.

And it's definitely something that I've looked at in my own life because for a very, very long time I didn't think I was an angry person. I thought I was a sad person. And then I realised that, actually, I'd just been suppressing the power of that emotion that I had, which in truth was rage, but I didn't feel comfortable expressing it. The only way it came out was for me to implode my life. And I'm so glad that I did. But if I had been viewed as a ‘Medusa’ or a ‘Taraka’, then I can imagine that the way that I would have been depicted in my culture was very much this vengeful monster, who is out for the blood of the people who have done her wrong.