



Dear Friends,

Anger like any emotion needs to be expressed, constructive positive expression of this emotion is the best for our mental, physical and spiritual health. Anger can be a force for good, but chronic, intense anger is neither helpful nor healthy.

WORLD is in the midst of an anger epidemic. From traffic jams to computer glitches to friends who don't show up when they say they will, there's never been a shortage of things to get mad about. And now, fallout from the economic crisis -- lost jobs, shrunken nest eggs, etc. -- seems to be amplifying our anger.

Anger is a natural emotion present in all human beings. It is not a good emotion nor a bad emotion. By labelling it good or bad we limit its potential to elevate us to the next level of consciousness. Anger like love is palpable, we can feel it in the form of an increased heart rate. The gritting of our teeth, our numb vacuum where everything blanks out. All of us react differently to anger. Some of us may burn it out while jogging on a treadmill while some of us may still stamp our feet, scream, slam doors well past middle age. Anger like any emotion need to be expressed.

Anger can be a force for good, as when it encourages people to act against injustice. It can be a life guide of sorts, helping steer you away from the situations and people you find noxious.

But chronic, intense anger is neither helpful nor healthy. It can cause problems in your personal [relationships](#) and at work; research has linked high levels of anger to [heart attack](#), [stroke](#), and premature death.

How do you avoid being a victim of your own wrath?

There's now widespread agreement that it's better to *evaluate* angry feelings before acting on or even accepting them. This simple approach can go a long way toward restoring your tranquility. This can be a very powerful way to reduce the anger you feel."

In the current issue of **KPC-MINDTRACK**, I have tried to tackle in brief, relevant aspects of dealing with issues related to ANGER, hope you find it readable & useful. Your feedback will help & encourage us for our future issues.

**WISHING YOU ALL THE BEST &
HAPPY READING**

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What is anger?

It is a powerful emotion that everyone feels from time to time. It is important to understand anger because the way you express it can be;

HELPFUL : Venting anger properly can get you "fired up" so you can overcome obstacles and achieve goals.

HARMFUL : When you ignore anger or express it in a negative way, it can hurt you and others.

Anger is one of the most misunderstood and overused of human emotions. First, anger is a reaction to an inner emotion and not a planned action. Second, anger is easier to show: everyone gets angry. Third, the feelings underlying the anger reaction make us feel vulnerable and weak; anger makes us feel, at least momentarily, strong and in control. Fourth, angry behaviors are learned over the life-span and therefore can be unlearned and replaced with healthier patterns of coping. Fifth, anger can be an immediate reaction to an isolated event or it can be a response after numerous events. To repress anger is unhealthy and yet to express it impulsively, as we so often do, may give momentary relief but inevitably will carry negative consequences. To alter our angry responses, we need to understand from where it comes.

There are a variety of factors that increase the probability of an anger reaction. First, if we have seen our parents get angry first and resolve an issue after, we are more likely to use the same approach. Thus, types of anger are learned. Second, if we are frustrated and feel stressed, we are more likely to react with anger. Third, if we are tired, we are more prone to react in an angry fashion. Fourth, if we tend to hold our feelings inside rather than talk them out, we are more likely to have an angry outburst as the pressure increase much like a pressure cooker.

Anger is one of the most poorly handled emotions in society today - but it doesn't have to be.

Anger is a HEALTHY EMOTION. It is a WARNING SIGNAL that something is wrong. Anger is very much like a loyal friend that comes by to visit every once in a while. Anger ALERTS US to potential physical or psychological trauma. IT PROVIDES US WITH THE ENERGY TO RESIST EMOTIONAL OR PHYSICAL THREATS. It aids in our AWARENESS OF OUR EMOTIONAL AND PHYSICAL BOUNDARIES and HELPS

US SET PROTECTIVE LIMITS.

Just as fear signals danger, loneliness lets us know that we need to connect with someone, and guilt makes us think twice before we hurt another's feelings or act against our value systems, anger helps us to survive and can motivate us to make needed changes in our lives.

Anger can also mobilize us to direct our energies toward making much-needed changes in our world when faced with injustices. Consider, for example, Mothers Against Drunk Drivers (MADD) or people who fight for needed legislation regarding child abuse and neglect. Many people who work hard to make the world a healthier place are fueled by anger.

Anger can be caused by both external and internal events. You could be angry at a specific person (Such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems.

"Anger is one of the most poorly handled emotions in society today - but it doesn't have to be."

"In a controversy, the instant we feel anger, we have already ceased striving for truth and have begun striving for ourselves"

"There are two things a person should never be angry at, what they can help, and what they cannot." "It is wise to direct your anger towards problems -- not people; to focus your energies on answers -- not excuses."

"Anger is only one letter short of danger"

"Whatever is begun in anger ends in shame."

Anger is a municipality in the district of Berchtesgadener Land in Bavaria in Germany.

Anger is an emotional state that may range from minor irritation to intense rage. The physical effects of anger include increased heart rate.

Angers is a city in the Maine-et-Loire department in northwestern France about south-west of Paris.

Types of Anger

It goes without saying that, anger is one of those emotions that can be destructive and lead to various problems if it goes unnoticed. Although it can be tough sometimes, with the various *types of anger* around, recognizing when anger first occurs, is a key

factor in determining what to do when it rears its ugly head.

- **Behavioral Anger** – This type of anger usually describes someone who is aggressive towards whatever triggered their anger... this can be another person. This can be someone who always seems to act out, or is troublesome. Sometimes the outcome is physical abuse or attacks against others.
- **Passive Anger** - People who use sarcasm or mockery as a way to hide their feelings, typically express this form of anger. They tend to avoid confrontations with people or situations.
- **Verbal Anger** – Anger that's expressed mostly through words and not actions. Verbal abuse is used to criticize and insult people (put them down) and complain.
- **Constructive Anger** – This type of anger is a key factor in driving people to want to join movements and groups. It's the feeling of being fed up with how things are going, and the need to make a positive change.
- **Self-inflicted Anger** – Anger that translates in causing harm to one's own body. People who use this type of anger are acting out by punishing themselves for something they've done wrong. Some examples include starvation, cutting, and overeating.
- **Volatile Anger** – This form of anger occurs in varying degrees... it comes and goes. It can just appear out of nowhere, or build into something bigger. It can either explode or go unnoticed. It could even be expressed verbally or physically.
- **Chronic Anger** – Ever come across someone that's seemingly angry for no reason, or mad all the time? More than likely, they were exhibiting this type of anger. People with chronic anger are just mad in general.
- **Judgmental Anger** – Putting other people down and making them feel bad about themselves, or abilities, is a form of judgmental anger. This person expresses their feelings by making those around them feel worthless.
- **Overwhelmed Anger** – This person relieves stress by shouting, and flying off the handle, when they can't take situations and things that are happening

around them, anymore. When things are just too overwhelming... which is why it's called 'overwhelmed anger'.

- **Retaliatory Anger** – This is probably one of the most common, of the bunch. Retaliatory anger usually occurs as a direct response to someone else lashing out at you... has that happened to you once or twice ?
- **Paranoid Anger** – This anger comes about when someone feels jealousy towards others, because they feel other people have or want to take what's rightfully theirs. Or they may act out because they feel intimidated by others.
- **Deliberate Anger** – Using anger to gain power over a situation or person. A person expressing this form of anger may not start out angry, but will get angry when something does not turn out the way they wanted. Or, someone doesn't see eye to eye with something they planned.

Anger is a natural part of the human condition, but it isn't always easy to handle. And when people don't handle it well, the harm they do can be visible and it can't be visible. Some people mask their anger. Others explode with rage. For still others, anger is a chronic condition, a habit of resentment that surfaces over and over again.

There are ten anger styles:

Anger Avoidance: These people don't like anger much. Some are afraid of their anger, or the anger of others. It can be scary and they are afraid to lose control if they get mad. Some think it's bad to become angry. Anger avoiders gain the sense that being good or nice helps them feel safe and calm. They have problems, though. Anger can help you to survive when something is wrong. Avoiders can't be assertive, because they feel too guilty when they say what they want. Too often the result is that they are walked over by others.

Sneaky Anger: Anger Sneaks never let others know they are angry. Sometimes, they don't even know how angry they are. But the anger comes out in other forms, such as forgetting things a lot, or saying they'll do something, but never intending to follow through. Anger Sneaks can look hurt and innocent and often

ask, "Why are you getting mad at me?" They gain a sense of control over their lives when they frustrate others. By doing little or nothing, or putting things off, they thwart other people's plans. They don't know what to do with their own lives and that leads to boredom, frustration, and unsatisfying relationships.

Paranoid Anger: This type of anger occurs when someone feels irrationally threatened by others. They seek aggression everywhere. They believe people want to take what is theirs. Because of this belief, they spend much time jealously guarding and defending what they think is theirs - the love of a partner (real or imagined), their money, or their valuables. People with Paranoid anger give their anger away. They think everybody else is angry instead of acknowledging their own rage. They have found a way to get angry without guilt. Their anger is disguised as self-protection. It is expressive, though. They are insecure and trust nobody. They have poor judgment because they confuse their own feelings with those of others. This leaves them (and everyone around them) confused.

Sudden Anger: People with sudden anger are like thunderstorms on a summer day. They zoom in from nowhere, blast everything in sight, and then vanish. Sometimes it's only lightning and thunder, a big show that soon blows away. but often people get hurt, homes are broken up, and things are damaged that will take a long time to repair. They release all their feelings, so they feel good or relieved. Loss of control is a major problem with sudden anger. They can be a danger to themselves and others. They say and do things they later regret, but by then it's too late to take them back.

Shame-Based Anger: People who need a lot of attention or are very sensitive to criticism often develop this style of anger. The slightest criticism sets off their own shame. Unfortunately, they don't like themselves very much. They feel worthless, not good enough, broken, unlovable. So, when someone ignores them or says something negative, they take it as proof that the other person dislikes them as much as they dislike themselves. But that makes them really angry, so they lash out. Their anger helps them get revenge against anybody they think shamed them.

They avoid their own feelings of inadequacy by shaming others.

They usually end up attacking the people they love. They continue to be oversensitive to insults because of their poor self-image. Their anger and loss of control only makes them feel worse about themselves.

Deliberate Anger: This anger is planned. People who use this anger usually know what they are doing. They aren't really emotional about their anger, at least not at first. They like controlling others, and the best way they've discovered to do that is with anger and, sometimes, violence. Power and control are what people gain from deliberate anger. Their goal is to get what they want by threatening or overpowering others. This may work for a while, but this usually breaks down in the long run. People don't like to be bullied and eventually they figure out ways to escape or get back at the bully.

Addictive Anger: Some people want or need the strong feelings that come with anger. They like the intensity even if they don't like the trouble their anger causes them. Their anger is much more than a bad habit - it provides emotional excitement. It isn't fun, but it's powerful. Anger addicts gain a sense of intensity and emotional power when they explode. They feel alive and full of energy. They don't learn other ways to feel good, so they become dependent upon their anger. They pick fights just to get high on anger. And, since they need intensity, their anger takes on an all-or-nothing pattern that creates more problems than it solves.

Habitual Anger: Anger can become a bad habit. Habitually angry people find themselves getting angry often, usually about small things that don't bother others. They wake up grumpy. They go through the day looking for fights. They look for the worst in everything and everybody. They can't seem to quit being angry, even though they are unhappy. Habitually angry people gain predictability. Life may be lousy but it is known, safe, and steady. However, they get trapped in their anger and it runs their lives. They can't get close to the people they love because their anger keeps them away.

Moral Anger: Some people think they have a right to be angry when others have broken a rule. That makes

the offenders bad, evil, wicked, sinful. They have to be scolded, maybe punished. People with this anger style feel outraged about what bad people are doing. They say they have a right to defend their "beliefs." They claim moral superiority. They gain the sense that anger is for a good cause. They don't feel guilty when they get angry because of this. They often feel superior to others even in their anger.

Why Are Some People More Angry Than Others?

Some people really are more "hotheaded" than others are; they get angry more easily and more intensely than the average person does. What makes these people this way? A number of things. One cause may be genetic or physiological: There is evidence that some children are born irritable, touchy, and easily angered, and that these signs are present from a very early age. Another may be sociocultural. Anger is often regarded as negative; we're taught that it's all right to express anxiety, depression, or other emotions but not to express anger. As a result, we don't learn how to handle it or channel it constructively.

Anger is a tricky emotion, difficult to use well until you learn how. It is a real help though, as long as you don't get trapped in any of the anger styles aforementioned. People who use anger well have a healthy or "normal" relationship with their anger. They think of anger in the following characteristic ways:

- Anger is a normal part of life.
- Anger is an accurate signal of real problems in a person's life.
- Angry actions are screened carefully; you needn't automatically get angry just because you could
- Anger is expressed in moderation so there is no loss of control.
- The goal is to solve the problems, not just to express anger.
- Anger is clearly stated in ways that others can understand.
- Anger is temporary. It can be relinquished once an issue is resolved .You can take responsibility for what you say and do, even when you are mad.

What Causes Anger?

Anger is a strong emotion of displeasure caused by some type of grievance that is either real or perceived to be real by a person. To put it simply, anger is caused by a combination of two factors: an irrational perception of reality ("It has to be done my way") and a low frustration point ("It's my way or no way"). Anger is an internal reaction that is perceived to have an external cause. Angry people almost always blame their reactions on some person or some event, but rarely do they realize that the reason they are angry is because of their irrational perception of the world. Angry people have a certain perception and expectation of the world that they live in and when that reality does not meet their expectation of it, then they become angry.

Some common causes are:

**·Frustration ·Hurt ·Annoyance ·Disappointment
·Harassment ·Hate ·Threats**

Frustration : Frustration is an emotional response to circumstances where one is obstructed from arriving at a personal goal. The more important the goal, the greater the frustration. Sources of frustration may be *internal* or *external*. Internal sources of frustration involve personal deficiencies such as a lack of confidence or fear of social situations that prevent one from reaching a goal. Conflict can also be an internal source of frustration when one has competing goals that interfere with one another. External causes of frustration involve conditions outside the person such as a blocked road; or conditions linked to the person's actions but not directly such as lack of money, or lack of sexual activity.

Hurt : One of the ways anger turns into hate is when it builds up, or overflows if you will. Hate is a more irrational response than anger is. Anger is one of the many reactions that is a part of a human being's evolved self preservation instincts. Anger is also a more open expression of your emotion, it can be seen on an individuals facial expression that they are irritated or angry. Hate is different. You can't see it on an individuals face, you can only see it on their face when they see the object of their hate.

When exactly does anger turn into hate?

This transformation happens when you become so angry or infuriated with something or someone that you are not able to express it with a facial expression or an action. It manifests in one's mind, instead of on their face or actions. A few things that can set off the chain reaction of anger into hate are:

Y *Unresolved disputes*

Y *Unresolved inequalities*

Y *Religious differences*

Y *Ethnic differences*

Y *Repeated annoyances*

Annoyance : **Annoyance** is an unpleasant mental state that is characterized by such effects as irritation and distraction from one's conscious thinking. It can lead to emotions such as frustration and anger. The property of being easily annoyed is called **petulance**. "Annoy" (like the French *ennui*, a word traced by etymologists to a Latin phrase, *in odio esse*, to be "in hatred" or hateful of someone), to vex or affect with irritation or large proportions'.

Disappointment : The third type of anger exists in tandem with sadness and most closely resembles disappointment. Disappointment usually involves a desire or wish that has not been met. This can cause trouble for everyone. So as you can see that Disappointment is an integral part of the make up of Anger. The only time they can be separated is if we change our mindset and believe that we will always get what we are meant to get and learn how to accept that when we feel disappointed it is merely a challenge rather than an obstacle and we therefore will not feel Anger that associates to disappointment.

Harassment : Comparison of systolic reactivity to harassment and nonharassment indicated, as expected, that reactivity was greater after harassment. Furthermore, a significant race by dispositional anger by harassment effect was obtained for systolic reactivity that indicated different patterns of reactivity for Chinese and Indian participants.

CONCLUSIONS: These results suggest stronger cardiovascular reactivity to stress among Indian than among Chinese men. This seems to be particularly true for Indians high in dispositional anger.

Hate: Hate is a hardened anger. It is a nasty anger

style that happens when someone decides that at least one other person is totally evil or bad. Forgiving the other person seems impossible. Instead, the hater vows to despise the offender. Hate starts as anger that doesn't get resolved. However, this hatred causes serious damage over time. Haters can't let go or get on with life. They become bitter and frustrated and their lives become mean, small and narrow.

Threats : A **threat** can be the perception of **insecurity**, . A threat is also an explicit or implicit message from a person to another that the first will cause something bad to happen to the other, often except when certain demands are met. Often a **weapon** is used. Examples are a **robbery, kidnapping, hijacking, extortion, blackmail.**

How Does The Body React To Anger?

Anger doesn't actually make the "blood boil" or your eyes "see red." But it does cause certain changes in the body. Here's what happens:

- **ADRENALINE** and other chemicals pour into the bloodstream.
- **THE HEART** pumps faster.
- **BLOOD PRESSURE** rises.
- **BLOODFLOW** quickens.
- **MUSCLES** tense.

IN OTHER WORDS, the body shifts into high gear, generating energy needed for action.

Reach Goals - Solve Problems - Handle Emergencies

Ignoring Anger Does Not Work

Failing to deal with your anger may lead to:

- **HEALTH PROBLEMS.**
- **TENSION**
- **ACCIDENTS**
- **INTERPERSONAL PROBLEMS.**

Uncontrolled Anger Can Be Dangerous Crime - Abuse - More Violent Behavior

Follow These Steps to keep anger under control.

- 1. Recognize your anger.**
- 2. Identify the cause.**
- 3. Decide what to do.**

Keep Your Cool When Expressing Your Anger

Follow these "do's":

Do Calm Down: Before you discuss the issues. Shouting matches rarely lead to effective solutions.

Do Understand Your Motives: Before you express your anger. Are you trying to defeat the person, or are you trying to solve the problem? If your motive is negative, the results may be too.

Do Be Assertive: Not aggressive. Express yourself firmly and clearly without making insulting remarks. Understand the importance of negotiation and compromise.

Do Seek Help: If you have trouble communicating your anger constructively or if, you get angry too often. Talk with a friend about your problem, or see a counselor for help.

Avoid these "don'ts":

Don't Get Personal: And resort to insults and name-calling. These methods only cause more anger

Don't Avoid the Issue: And hide what you truly believe. Be direct, but don't get physical or violent.

Don't Make Accusations: You will be sorry about later. Listen carefully to what the other person has to say before you draw any conclusions.

Don't Sulk: In silence. This won't solve your problem.

When Someone Else Reaches The Boiling Point Keep Your Cool

Don't answer anger with anger. Remember that anger can lead people to say things they really don't mean.

Be Considerate

If others are around, encourage the angry person to discuss his or her anger privately. This could prevent embarrassment.

Be A Good Listener

Often, angry people just need someone to listen as they "sound off."

Anger Management Tips: 10 Ways To Tame Your Temper

Controlling your temper isn't always easy. But these effective anger management tips will help give you the upper hand.

10 tips to help get your anger under control

1. **Take a 'timeout.'** Although it may seem cliché, counting to 10 before reacting really can defuse your temper.

2. **Get some space.** Take a break from the person you're angry with until your frustrations subside a

bit.

3. **Once you're calm, express your anger.** It's healthy to express your frustration in a non confrontational way. Stewing about it can make the situation worse.

4. **Get some exercise.** Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run, swim, lift weights or shoot baskets.

5. **Think carefully before you say anything.** Otherwise, you're likely to say something you'll regret. It can be helpful to write down what you want to say so that you can stick to the issues. When you're angry, it's easy to get sidetracked.

6. **Identify solutions to the situation.** Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.

7. **Use 'I' statements when describing the problem.** This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful — and increase tension. For instance, say, "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework."

8. **Don't hold a grudge.** If you can forgive the other person, it will help you both. It's unrealistic to expect everyone to behave exactly as you want.

9. **Use humor to release tensions.** Lightening up can help diffuse tension. Don't use sarcasm, though — it's can hurt feelings and make things worse.

10. **Practice relaxation skills.** Learning skills to relax and de-stress can also help control your temper when it may flare up. Practice deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "Take it easy." You can practice many of these anger management strategies on your own. But if your anger seems out of control, is hurting your relationships or makes you feel physically violent or destructive, you may benefit from some help. Here are some ways you can get help to keep your frustrations in check:

§ **See a psychologist or licensed counselor.**

§ **Take an anger management class.**

§ **Read a book.** There are a number of helpful books on anger management. If your symptoms don't improve, or you have signs or symptoms of anxiety or depression, see a mental health provider for help.

Self-Inflicted Anger

It is a form of anger that is expressed when someone is punishing **themselves** for something they may have done wrong. Over-eating, starving themselves, and inflicting wounds by cutting themselves are examples of this kind of anger. It goes without saying, how dangerous this can be if it goes on for too long.

Behavioral Anger

Behavioral Anger is the type of anger consisting of aggressive and cruel actions. It leans mostly on the physical side. It usually starts as an attack towards someone or something that caused the anger in the first place.

Those who normally get labeled as **trouble makers**, start fights, and are defiant fall under this umbrella.... and sometimes, rightfully so. In the end, someone almost always gets hurt.

Judgmental Anger

Judgmental anger is closely related to *verbal anger*, which is another **type of anger**. This type of anger makes everyone involved feel uneasy or causes self esteem issues for the victims. A person exhibiting this form of anger puts other people down and makes other people feel worthless as a person.

Volatile Anger

Unpredictable... is the word that comes to mind when I think of volatile anger. In so many words, this type of anger comes and goes. One minute someone can be calm and collected, and be in a full on rage, the next minute. I like to think that people who exhibit this anger tend to hold a large amount of things in... rather than expressing what may be bothering them in healthy ways. If a person **suppresses** something long enough, eventually it will be expressed in ugly ways. Sometimes it can be expressed verbally, and physically at other times. Volatile anger reminds me of a **volcano before it erupts...** you don't know when or what is going to set it off, or how big the eruption will be, but when it blows... watch out.

Result Of Anger

All Anger Is A Result Of Fear, And So When People Are Angry We Should First Address The Fear Behind It.

Use anger correctly and positive results can happen! This statement is very shocking, for it is in direct contradiction with experience. Most people have witnessed the sharp and cutting blade of anger as it slashes and cuts its victims and have experienced the unresolved anger that creates emotional distance between themselves and their loved ones. It is natural to experience anger, but how can it achieve positive results? When anger destroys a relationship, it was not used correctly. When the expression of anger works in a positive direction, it clarifies to others the boundaries necessary for all successful and healthy relationships. As strange as it may appear, without anger there can be no successful relationships! Anger has two distinct groups; new anger and old anger. Old anger is resentments, unmet expectations, and past emotional wounds. Anger is energy and when this new anger is added to the boiling cauldron of unexpressed emotions, there is no place for this force to go blowing off the pot's lid, as in the expression "blowing my lid"! The sad part is that usually the targets of anger are the people that are the closest and loved the most. Since becoming aware of individual anger is the key to this discussion, take personal responsibility for your anger by using "I" statements. Use "I" statements instead of the attacking the person by pointing the verbal "you" finger; this puts the responsibility back where really belongs, on the person doing the confronting. Ask the question, whose problem is it? The answer is that it belongs to the person who is angry. Think about it this way, the person who is causing the anger might not even be aware of how their behavior is affecting others and may even be surprised when confronted. Attack the problem, not the person!

Grieving may be a necessary part of the healing process. Acknowledge the old anger, examine it, learn from the experience, and when that is completed the anger is not needed, so let it go.

By choosing to use anger correctly allows the freedom to live today without the burden of yesterday. Managing anger requires willingness to manage this

emotion, direct expression of anger toward the correct person, and most importantly, the verbal expressing of the actual feeling words. Although this is a simple plan, it is not easy. Use anger correctly and positive results will happen.

"With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose."

SOCIAL-RAGE

The same issues that can arouse anger in individuals can also arouse anger in large groups. This concept of social rage, or social anger, is an important one for understanding conflict. Social rage is similar to personal rage, but it is generated by social issues and expressed by social groups. Examples of social rage are abundant: anger at immigrants over unemployment, hate crimes, homophobia, etc. Many of the factors at play in personal rage are also important in social rage, including humiliation and a sense of violation of expectations.

What are some of the myths you have learned about anger which have influenced your behavior?

Emotional competence does not come from hiding or ignoring feelings. Everyone has feelings. Healthy people experience a full range of feelings: joy, anger, sadness, relief, love. Competence comes in acknowledging these feelings for what they are—feelings—and realizing that they can be expressed in healthy ways rather than denied or used to manipulate, bully or control others. Because many of us have learned myths about anger, we don't consider anger as that "good friend" which stops by on occasion to warn us that we may need to make different choices, set boundaries, protect ourselves emotionally and physically, etc.

Anger Management Techniques

Anger is one of the most common and destructive

delusions, and it afflicts our mind almost every day. To solve the problem of anger we first need to recognize the anger within our mind, acknowledge how it harms both ourselves and others, and appreciate the benefits of being patient in the face of difficulties. We then need to apply practical methods in our daily life to reduce our anger and finally to prevent it from arising at all.

What Is Repression?

If we are able to recognize a negative train of thought before it develops into full-blown anger, it is not too hard to control. If we can do this, there is no danger of our anger being 'bottled up' and turning into resentment. Controlling anger and repressing anger are two very different things. Repression occurs when anger has developed fully in our mind but we fail to acknowledge its presence. This is very dangerous because the anger continues to seethe below the surface of our mind, gathering in strength until one day it inevitably explodes.

Those who truly wish to be happy should make the effort to free their minds from the poison of anger.

On the other hand, when we control anger we see exactly what is going on in our mind. We acknowledge honestly the angry stirrings in our mind for what they are, realize that allowing them to grow will only result in suffering, and then make a free and conscious decision to respond more constructively. Once we learn to control and overcome our anger in this way, we shall always find happiness, both in this life and in our future lives. Those who truly wish to be happy, therefore, should make the effort to free their minds from the poison of anger.

Anger & Relationships

Unless we make a continuous effort to deal with anger as it arises, our relationship will suffer.

Anger is particularly destructive in relationships. When we live in close contact with someone, our personalities, priorities, interests, and ways of doing things frequently clash. Since we spend so much time together, and since we know the other person's shortcomings so well, it is very easy for us to become critical and short-tempered with our partner and to

blame him or her for making our life uncomfortable. Unless we make a continuous effort to deal with this anger as it arises, our relationship will suffer. A couple may genuinely love one another, but if they frequently get angry with each other the times when they are happy together will become fewer and further between. Eventually there will come a point when before they have recovered from one row the next has already begun. Like a flower choked by weeds, love cannot survive in such circumstances.

We should remember that every opportunity to develop anger is also an opportunity to develop patience.

Anger Creates Enemies

It is through our anger and hatred that we transform people into enemies. We generally assume that anger arises when we encounter a disagreeable person, but actually it is the anger already within us that transforms the person we meet into our imagined foe. The false belief that everyone hates him can become so overwhelming that he might even go insane, the victim of his own delusion.

Dealing with Anger

Since it is impossible to fulfil all our desires or to stop unwanted things happening to us, we need to find a different way of relating to frustrated desires and unwanted occurrences. We need to learn patient acceptance.

When patience is present in our mind it is impossible for unhappy thoughts to gain a foothold.

Patience is a mind that is able to accept, fully and happily, whatever occurs. It is much more than just gritting our teeth and putting up with things. Being patient means to welcome wholeheartedly whatever arises, having given up the idea that things should be other than what they are. It is always possible to be patient; there is no situation so bad that it cannot be accepted patiently, with an open, accommodating, and peaceful heart. Once we fully accept other people as they are without the slightest judgement or reservation – as all the enlightened beings accept us – then there is no basis for problems in our relations with others.

The person who is a problem to a non-accepting mind does not exist in the calm, clear space of patient acceptance.

Am I Right to be Angry?

Damn right you are. You have your own perception and expectation of the world that you live in and when the reality that you live in fails to meet your expectations, then yes you have the right to be angry. After all, if everyone thought alike, then the world would be a pretty dull place to live. The feeling of anger is totally justified according to your beliefs and so don't repress or deny those feelings. Having the right to feel angry does not mean that you have the right to lash out in anger by attacking the other person. You can't change the views of other people to conform to your own because, like you, they have their own right to uphold their view of the world. The best thing you can do is recognize your anger and focus it on the problem instead of your counterpart.

Causes of anger[additional aspects]

Thousands of people begin a search for the cause of anger after struggling with controlling excessive feelings of frustration and rage. Like most emotions anger become stronger when we attempt to control it or remove it with force. So if we can't remove it then it makes sense to ask — how come it's here in the first place?

Seeking Justification

There are a number of flavours of anger that lead back to the same core desires of wanting ...

1. To be acknowledged. 2. To be appreciated and 3. To be understood.

If we're not getting one of those things then the first response is dedicating more mental resources towards getting other people to acknowledge and appreciate and understand who we are and where we stand. If we still don't get those things at this point then anger begins to rise. In a number of respects anger is a superficial force that we invent to give ourselves a sense of justification. Often the ego's emotional attitude is equivalent to a child's. This is the reason that responses made out of anger can be so child-like

and difficult to deal with.

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

Anger could cause big problems. A problem that is small in the beginning could become bad if we handle it with anger. Not only will the situation itself get worse, our relationships with others could also deteriorate. In short, handling something with anger won't make things better.

Anger Power

Does anger have power? Are you being powerful when you are angry? The answers to these questions depend on what you mean by power.

Certainly you can intimidate many people with your anger - especially children or others who are physically weaker than you, or people who are terrified of disapproval and rejection. Anger - other than the outrage from the loving adult that leads to taking action against injustice - is a form of control. When you succeed in making others afraid of you, it often it works to get them to do what you want. But it will never work to get them to feel what you want them to feel, and it will never lead to the sharing of love.

POWER OVER OR POWER WITHIN

There is a huge difference between "power over" and "power within."

Anger at others is about power over, while taking responsibility for your own feelings is about power within.

People who use anger as a form of power and control believe that the means justifies the end. They believe that intimidating others into doing what they want them to do will work for them to make them happy. This is a huge false belief.

While you may be able to achieve financial success through various forms of manipulation, people who do achieve success in this way are not happy people. Have you ever seen an angry person be truly joyful? Happiness and joy come from personal power, not from power over. Happiness and joy come from taking responsibility for your own feelings and behavior, and from caring about others rather than

using or discounting others. Truly happy people are cooperative with others rather than controlling.

HOW DO YOU END UP FEELING WHEN YOU GET ANGRY?

If you tend to get angry at others, take a look inside. How do you feel when you get angry? You might feel good for the moment, as all addictions feel good for the moment. But does getting angry at others lead you to feeling fulfilled, joyful and peaceful inside? Does it lead to connected, fun and fulfilling relationships with others? When you manage to get your way or get someone to do what you want them to do, do you end up feeling worthy, lovable, and filled up inside? If you are honest with yourself, you will discover that anger or other forms of intimidation lead to feeling empty inside. The fullness of inner peace and joy come from being loving to yourself and to others - not from getting what you think you want.

ANGER MEANT TO INTIMIDATE MAY BE ABUSIVE

Anger meant to intimidate can take many forms. It can be loud or it can be silent. It can come through a look that says, "If you don't do what I say, I will punish you with shutting down and withdrawing my love." It can be a quiet threat, a menacing look, or overt rage. It can be physically violent or emotionally violent. But when it completely disrespects the other person, it is abusive. It is about getting what you want while disregarding what the other person wants and feels.

When your intent is to protect/control, anger may be one of the forms this takes. When it is habitual and addictive, it will change only when your intent changes from controlling to loving yourself and others.

While the wounded self believes that anger power works for you, what it is really doing is creating your aloneness and emptiness.

So what do you really want? Do you want to get your way, or do you want to be a happy, fulfilled person, able to share your love with others? You get to choose.

DID YOU KNOW ???

- Until babies are 6-month-old, they can breathe and

swallow at the same time. Indeed convenient!

- Offered a new pen to write with, 97% of all people will write their own name.
- Male mosquitoes are vegetarians. Only females bite.
- The average person's field of vision encompasses a 200-degree wide angle.
- The names of the continents all end with the same letter with which they start.

POINTS TO PONDER

- ★ I am certain there is too much certainty in the world.
- ★ TV is chewing gum for the eyes.
- ★ Prediction is very difficult, especially about the future.
- ★ Everything in the world may be endured except continued prosperity.
- ★ I do not know which makes a man more conservative—to know nothing but the present, or nothing but the past.
- ★ The best measure of a man's honesty isn't his

income tax return. It's the zero adjust on his bathroom scale.

- ★ Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened.
- ★ I love being married. It's so great to find that one special person you want to annoy for the rest of your life.
- ★ The only function of economic forecasting is to make astrology look respectable.
- ★ Everyone is entitled to be stupid, but some abuse the privilege.
- ★ Everything of importance has been said before by somebody who did not discover it.
- ★ The end of the human race will be that it will eventually die of civilization.
- ★ Life is what happens to you while you're busy making other plans.
- ★ A compromise is the art of dividing a cake in such a way that everyone believes he has the biggest piece.

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