

ANGER POPOURI

When you feel anger on the rise, catch yourself before it blows and take a **Time-Out**, take a deep breath - or several, in order to regain control.

THINK!!! DERAILED!!! before exploding, reacting, blurting out, blaming - realize you may regret what you say, and realize the un-reparable damage you may do.

Seek to understand what the cause of anger is, because this will help you get to the "root of what is going on," and consequently your understanding leads to alleviating the angry emotion. If you repress or deny your true feeling of pain and or anger, *you only serve to perpetuate and empower the emotion.*

Get a hold of the "big picture" - regain your life-perspective. Ask yourself, "is it really worth all this upset?"

Anger is a primary emotion - look *underneath* for any frustration, fear, hurt, and or sadness. Anger can be a mask for depression. May need to explore the past (family) to get to root of anger.

If you got your *buttons pushed* and feel *conflict*, ask "how could I have set this up? How am I interpreting this experience? What will I do about this?" *If I created it, it is therefore important to "change it!" Can't change anyone else, I can only change my attitude, belief, perception.* We tend to direct our energy *outward* thinking the problem is external - since I'm hurt by so and so, therefore they must be the problem. But the pain is *inside me*. By hurting back will only lead to more destruction. It also has a way of "bouncing back" on us and only perpetuates and deepens the anger within our self. *Aggression begets aggression.*

It can be helpful to *reinterpret* the experience. Perception plays a key role in how we learned to get so angry. Perhaps our anger is *unjustified*. Perhaps we *misunderstood*. What is your *thought* and *belief* about what happened?

Express your anger in the "*control of your rational power.*" The expression of the emotions is what is really necessary for the healing to begin. When we don't express our angry emotion constructively - what happens is it that it stays inside and becomes toxic. If it is left un-dealt with, it can turn to physical illness. You can end up going crazy about something, acting irrational and reactive, and no one - including yourself - knows where it came from or what it's about.

Relationships get into trouble because couples didn't express the little grievances and resentments as they came up. Possible reasons may be because some people feel unholy, un-spiritual, or fearful (possibly about what the other might do with what we have to express) about expressing problems.

A problem is that we don't emphasize *focusing inward* and *getting in touch with the truth of our experience* and then *share our experience*. Part of the problem is that our *ego* is too big and or too sensitive - we take issues *too personally* - which causes us to get stuck in a self-pity-victim-role, and all that we accomplish is feeling justified and sorry for ourselves.

So instead of just acting angry *at* the person, *speak the truth calmly, gently, and respectfully*. "If you speak from Christ within you, then there is a better chance that the Christ in other will respond back; speak from "ego" - the other will respond from the ego." *If you are constantly lashing out and attacking your partner, what kind of response do you expect?* Our anger can cause others to be defensive and distance themselves from us, especially if this is a continual mode of behavior we operate in. Learn to express the primary feeling and what is going on with that feeling. It is appropriate to ask for what you want or need.

We might fear other will take our truth as an attack - *flip side* - we're afraid to hear others express their truth - because we think that they are attacking us. Strive to maintain a sense of "*clarity and purity*" - *we have to take responsibility* for our own life - no attack involved in this.

If you are not willing to experience it differently - you will have no opportunity to experience it differently - and *no opportunity for change*. Sadly, you will remain stuck and imprisoned to yourself.

Real **KEY** to *dealing with anger* - deal with it when you are not angry. It is hard to impossible to process effectively and constructively with our partner when we are in the midst of anger.

Additional Thoughts

#1 enemy of love: unresolved anger!

Anger can stir up a lot of energy - use it positively! Use it to your benefit!

Anger can motivate you to do something constructively.

Examine the affect of your behavior that it can have on others.

Is your behavior working for you? Are you getting what you want?

Consequences of Unresolved Anger: Distance from people, God, self, and maturity!

Life is Not Fair - no one promised it would be!

Turn your vain suffering into useful anger!

Anger can keep you "defended" - stressful living like this.

Anger can keep you imprisoned to your own self - realize its hurting your more than the other.

Be in charge of the anger instead of anger being in charge of you.

We create what we defend against.