UNDERSTANDING ANGER

CAUSE AND EFFECTS

Anger is an emotional cue which reminds us what we like and what we don't like. Although many of us were taught as children to stifle our anger, it's, in fact, perfectly natural. Anger can have many causes, but its effects depend on your ability to manage it. Learn to understand anger, the effects of denial and blame-placing, and the positive results that can come from accepting your own anger.

CAUSES

You cut yourself shaving. You burned the toast. You can't find the keys. Now the car won't start and you'll be late for work. No one did these things to you. They just happened. If you ask others, you'll find that such "disasters" are quite common and that they make almost everyone angry. We feel anger when we sense we've lost control, or when we feel vulnerable or afraid. We all have these feelings sometimes, and some of us are more easily irritated and annoyed than others.

DENYING ANGER

Many times we want to deny that we're angry because we're not in the habit of admitting it, or anger doesn't seem rational to us, or we're embarrassed by our lack of control. All humans feel anger, whether it's expressed. Thus, by denying anger, you deny that you're human.

BLAME-PLACING

Sometimes we want to blame others for our anger, even if it seems unjust. Some people do this regularly as a habit. People generally don't like to be around blame-placers, because they never know if they're going to be next in line to be blamed for something.

ACCEPTING ANGER

By recognizing and accepting your own anger, you're on the road to controlling it and releasing it responsibly. Acknowledging what makes you angry, instead of denying anger or placing blame, leads to self-understanding. Once you can identify common situations, you can change them, deal with them responsibly or make a conscious choice to ignore them. You can then reap the benefits of what this emotion tells us.

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