

## ANGER...?

When we feel we are not heard and experience the control we have slipping away, we naturally seek to remedy that position. However, if our attempts to be heard and retain some control, are fruitless, then dissatisfaction, fear and panic are usually conceived. These emotions then act as the touch paper that light the fire of anger and it is at this point that we are either informed and inspired by our anger or blinded and consumed by it. Anger is the force that invites us to assert ourselves and change a given situation but because we have ignored or overlooked all its earlier nudges it becomes a volatile and often harmful force. When the natural urge to assert ourselves and maintain our boundaries is ignored by ourselves or indeed others, that energy is what is described as anger and if that anger is not given permission to express itself openly and honestly it manifests in some other form within the human organism, for example: stress and anxiety, headaches, ulcers, period pains, depression, violence, abuse, and mood swings.

Anger does dissolve when we learn to act appropriately, like speaking up calmly and clearly about how we feel. If we do not assert ourselves in the way, we need to we lose our power by becoming victims of anger. Anger becomes our ally when we act on its initial prompts and early impulses, it only becomes our enemy when we ignore those signals. It is because we have acquired the habit of ignoring the initial signals that we lose control and are unable to manage our feelings and emotions in a healthy and constructive way, we are then either driven aimlessly towards rage and violence, or if our anger is an internalised feature of our lives we are thrust into the pit of depression and the agonies of neurosis.

Anger is often conceived out of "people pleasing", our need and desire to be accepted, valued and loved is so great we suppress what we really feel, need or want in order that we can meet the demands and expectations of others. However, there is a price to pay for not addressing our essential needs, because the more we divorce ourselves from our real nature the more we generate the raw materials that perpetuate a culture of anger within. The short-term gain of being a people pleaser is acceptance by others but in the long term we lose our self-confidence, our direction, purpose and sense of self. This loss of self and of one's value simply perpetuates more anger in one form or another because as we compromise ourselves in order to be liked we end up not liking what we have become and grow tired of pleasing others whilst neglecting ourselves which probably leads to the greatest anger of all.

Anger can be a very manipulative emotion that seeks to control or influence others to behave differently towards us, when it emerges itself in this way it is because we lack the assertion, honesty and social skills to communicate our own truth effectively. If we learn to live our lives honestly and assertively anger as a violent and negative force evaporates and becomes a force of change and improvement. When anger first knocks on the door of consciousness we need to be still and listen to what it is really saying, because our anger comes to inform, sometimes protect and at times inspire us. If we act on its initial impulses, in the best way we can, we do not become overwhelmed by its amazing force, to the contrary it helps us map out a better route for ourselves.

Once we understand anger, we need to develop the skill of saying how we really feel and be clear and genuine as we share those feelings with others. If we want to be heard by others it is important not to become entangled in blame or self-justification, all that is needed is to express the truth as we see it whilst respecting the other party and then our message will be heard. The presentation of our feelings and emotions is as important as what we want to say and more than anything else will determine whether or not we are heard.