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Anger – Solutions

By Robert Elias Najemy

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Rage is an advanced form of anger, just as panic is to fear, a state in which we are even less in control of our words and behavior. Hate is a condition in which we think very badly of someone, avoid contact with him, and probably wish the worst for him, perhaps even hoping that he might experience a tragedy. All three of these emotions, which from here on in we will simply call "anger", are secondary emotions in the sense that they arise from other emotions, such as hurt, fear, guilt, injustice, disappointment, etc.

In general we are controlled by two beliefs here:

1. We believe we must have something that the other is obstructing us from having. This could be anything from sleep, food and shelter, to our peace of mind, our spouse or other persons to whom we are attached.
2. We believe this person toward whom we feel this anger is responsible for our reality. We believe that if it were not for him or her, we would not be unhappy. He or she is "responsible" for our pain and unhappiness.

Anger can also be a starting point for major change for an individual, or even an entire society. Anger can be a source of energy and dedication toward transforming the negative and unjust circumstances around us.

Many of us first need to learn to acknowledge, accept and express our anger before we can regain our self-esteem and empowerment. (We need not vent our anger toward others. We can learn nonviolent ways to express this energy. There are various catharsis techniques for this, which have nothing to do with others.)

Also, there are some cases in which we may need to express anger in order to get a result for which we are responsible. This can be done, however, without demeaning or hurting the other.

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Hate, on the other hand, is based on weakness and has few redeeming qualities. A strong person seldom hates.

Thus, we are not interested in suppressing our anger, but rather in recognizing it, accepting it, expressing it in non harmful ways, understanding it and focusing its energy in positive directions toward self empowerment and social change.

Here is a brief list of some common reasons we might feel anger towards someone: (You may want to check those which tend to bother you.)

1. When others do not agree with us.
2. When they do not understand us.

3. When they obstruct us from satisfying our needs. (A need could be psychological, such as the need for acceptance, respect or self-esteem)
4. When they do not respect us.
5. When they think they are superior.
6. When they try to control or suppress us.
7. When they criticize us.
8. When they tell lies or gossip about us.
9. When they harm us or someone close to us.
10. When they have evil intentions or ulterior motives.
11. When they are negative, complaining, whining, criticizing etc.
12. When they think they know it all.
13. When they give us advice we have not asked for.
14. When they play the role of the victim, the "poor me," and want attention.
15. When they do not take care of themselves or carry their share of the load.
16. When they make mistakes.
17. When they do not keep their promises or appointments.
18. When they are weak and dependent.
19. When they act in an egotistical and selfish ways, disregarding our or others? needs
20. When they use us or others.
21. When they are cold and insensitive.
22. When they are not responsible to their word or responsibilities
23. When they are lazy.
24. When they ignore our needs.
25. When they reject us.

Other reasons _____

It would be interesting to go through the same list replacing the word "they" with the word "I," making the analogous changes in the wording, so as to determine when we get angry with ourselves. This exercise may also reveal that some of the anger we feel toward others is actually a projection of anger that we feel toward ourselves. If we could understand and accept ourselves in those situations, we might also understand and accept others.

Positive alternatives to anger or hate could be:

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1. We can understand the others' weaknesses and negative traits. We all have faults and moments in which we are not conscious, loving or respectful of others.
2. If we have faith that nothing happens by chance and that life gives exactly what we need at every moment for our growth process, we will be able to take responsibility for what is happening and stop blaming the other.
3. We need to realize that we are the sole creators of our reality and that we are attracting from life and others whatever corresponds with what we feel and think within ourselves and with whatever we have to learn.
4. We can direct our energy toward changing or correcting that, which makes us angry.
5. We can recognize and understand our own weaknesses and negative traits and thus develop understanding for others' weaknesses.
6. We can learn forgiveness and love others and ourselves as we are.

(Adapted from the "The Psychology of Happiness" by Robert Najemy available at <http://www.amazon.com/exec/obidos/redirect-home/holisticcharmo-20> and <http://www.HolisticHarmony.com/psychofhappiness.html>. This book and other writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.)

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book *The Psychology of Happiness*; ISBN 0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

The Nature of Anger

By Kevin B. Burk, Author of *The Relationship Handbook*

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Many of us have some very definite ideas about anger. We see anger as destructive and hurtful. We consider it to be an inappropriate response. We equate anger with violence. In short, we feel that anger is simply wrong, and that when we experience anger, there's something wrong with us. Anger isn't nice. Anger isn't polite. And anger certainly isn't our friend.

Anger can be all of these things. But anger is also useful, necessary and even healing. We need our anger. We simply need to

learn how to express our anger in appropriate, conscious, supportive ways. On its own, anger is neither good nor bad. It can be used to hurt, or it can be used to heal. It may not be a particularly pleasant emotion, but it's an important one. We can all benefit from exploring the nature of anger.

Guy Williams, a friend of mine who also happens to be a minister of Religious Science offers a tremendously insightful approach for understanding anger. Guy says that anger arises from a communication not delivered or an expectation not met. Anger is actually a tertiary response: our initial responses are grief and fear. First, we grieve the death of the expectation that was not met. Next, we fear that things will never change. Finally, we experience anger.

So few of us recognize that anger can be a positive, healing response. When we allow ourselves to experience anger, it focuses our minds, and strengthens our resolve. We discover reserves of strength and power. Our anger is what gives us the courage and the power to confront our fear that things will never change, by creating change.

Let's consider an example. We expect that our boundaries will be respected by others. When someone crosses a boundary, that expectation has not been met. The first thing we do is grieve the death of the expectation that other people will respect our boundaries. We feel unsafe because our boundary has been violated. But we also experience fear. We're afraid that things will never change: that our boundaries will not protect us because other people will not honor them. Our anger, however, is what allows us to change this. Our anger gives us the strength to defend ourselves. Our anger gives us the power and the

courage to stand up and demand that our boundaries be respected. Our anger, in fact, enables us to feel safe again. Expressing our anger helps us to redefine and reinforce our boundaries. We know we can defend ourselves, and therefore we feel safe.

When we don't express our anger in healthy, conscious ways, we buy into the fear that things will never change. We feel unsafe. More importantly, we expect that we will always feel unsafe. Unexpressed anger inevitably turns to resentment and depression.

Anger is our call to awareness. Our anger encourages us to become conscious of a limiting belief. The key to experiencing

anger in a healing way is to own our anger. We can then choose how to express our anger. We do not need to lash out, nor do we need to hurt anyone with our anger. Instead, we can choose to alter our thinking, change the limiting belief, and reclaim another piece of our true selves. When we embrace and understand the true nature of anger, anger can empower us, and help us to feel truly safe.

Kevin B. Burk is the author of *The Relationship Handbook: How to Understand and Improve Every Relationship in Your Life*. Visit <http://www.everyrelationship.com> for a FREE report on creating AMAZING Relationships.



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