

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

MYTHS AND FACTS ABOUT ANGER

By Pauline Wallin, Ph.D.

MYTHS AND FACTS ABOUT ANGER by Pauline Wallin, Ph.D.

You have permission to publish this article electronically or in print, free of charge, as long as the bylines are included and the article is published in its entirety. A courtesy copy of your publication would be appreciated. Send it to <mailto:drwallin@drwallin.com>

MYTHS AND FACTS ABOUT ANGER

By Pauline Wallin, Ph.D

Author of "Taming Your Inner Brat: A Guide for Transforming Self-defeating Behavior"

Word count: 567

Copyright Pauline Wallin, Ph.D. 2004. All rights reserved

MYTHS AND FACTS ABOUT ANGER

Although anger is one of the most common emotions that people have, it is the least understood.

These phrases are probably familiar to you:

"If someone hits you, hit `em back."

"Turn the other cheek."

"Don't get angry; get even."

Have you noticed how they contradict each other? That's because anger is a very complex emotion. Attempts to simplify it result in the following MISPERCEPTIONS:

1. That all anger is unhealthy or destructive
2. That anger is an all-or-nothing phenomenon
3. If you don't let your anger out, it builds up and explodes out
4. That angry people yell and scream a lot

MYTHS AND FACTS ABOUT ANGER

5. That anger management means keeping your mouth shut

====> Here are the facts:

1. NOT ALL ANGER IS UNHEALTHY OR DESTRUCTIVE.

Sometimes anger is definitely justified. For example, if you have been betrayed by a friend, or if you have been physically attacked by someone, or if there is a major social injustice — these are all times where anger is appropriate. Biologically speaking, anger gets your adrenalin going, and spurs you into action.

On the other hand, the hissy fits that people throw over minor irritations are both unhealthy and

destructive. Anger has serious implications for your health. Research shows that among all the risk factors for heart disease, chronic anger is the most significant predictor — more than smoking, obesity and high blood pressure. Temper tantrums and other fits of anger are rarely useful. In fact, they erode not only people's respect for you, but also your own self-respect.

2. ANGER IS NOT AN ALL-OR-NOTHING PHENOMENON.

Anger typically occurs in degrees, ranging from mild annoyance to intense rage. Some people have a problem labeling negative feelings. They consider any experience of hostility as an intense, urgent crisis, even if it's just a momentary frustration. Such people tend to have an over-active "inner brat" that makes mountains out of molehills.

3. IT IS NOT ALWAYS NECESSARY TO LET YOUR ANGER OUT.

Anger does not work like steam in a teakettle. It is not necessary to release it in order to avoid explosion. While it's true your stress level does increase when you dwell on angry thoughts, you can reduce the stress without having to resort to an outburst or tirade.

4. NOT ALL ANGRY PEOPLE YELL OR SCREAM

In fact, many people keep their anger to themselves, or so they think. Even though they don't come right out and say, "I'm mad at you," they show it in their behavior — by being "passive aggressive." They sulk; they have a "tone" to their voice; they slam doors, etc. Such people have an inner brat that I call "The Smolderer." You kind of know they're angry, but you don't know exactly what they're angry about.

5. ANGER MANAGEMENT DOES NOT MEAN KEEPING YOUR MOUTH SHUT.

Anger management involves keeping your inner brat from saying or doing something that you'll later regret. It involves calming yourself, making cool-headed assessments of the situation, and finally taking sensible action. With practice, this can be accomplished in a matter of seconds.

MYTHS AND FACTS ABOUT ANGER

Effective anger management means learning to differentiate what is truly a situation worth getting angry about, and what is just your inner brat over-reacting. It also means learning to express your anger directly and constructively, without losing emotional control. Not only will you be less stressed by your anger, but you will also get better results.

Pauline Wallin, Ph.D. is a psychologist in Camp Hill, PA, and author of "Taming Your Inner Brat: A Guide for Transforming Self-defeating Behavior" (Beyond Words Publishing, 2001) Visit <http://www.innerbrat.com> for more information, and subscribe to her free, monthly Inner Brat Newsletter.

The Nature of Anger

By Kevin B. Burk, Author of The Relationship Handbook

The Nature of Anger by Kevin B. Burk, Author of The Relationship Handbook

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

MYTHS AND FACTS ABOUT ANGER

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.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!