

Anger

Anger, a negative and harmful emotion, is being mad, hurt, or frustrated.

Our anger is a signpost and a message for us. When angry, the best thing, and also the toughest thing to do, is to stop and reflect on the cause of the anger. The cause is rarely the event at hand.

Anger is a reaction to what the item or event brought up in your memory. Many times we are not truly aware of what caused our anger. When we seem to overreact, or react too violently, based on the situation, you can be sure that you are not reacting to the situation at hand.

In a perfect world you could stop when angry and determine the true cause of the anger. That is not the usual way it happens. Most often, after the anger has subsided, we can then revisit the feeling and learn from it. The real reason for anger is usually hidden within us.

The anger could bring up a memory of our childhood or a past negative experience. It could also show us something about ourselves that we do not want to face. It can show us what we have done to someone else.

Use anger to understand your feelings, emotions, and history. In recognizing the anger, you can then reflect and learn from it. The anger can help you to understand hidden emotions and feelings that need expression. Allowing the expression will assist you and teach you. Yes, anger is a teacher.

Look back on a situation when you were angry and angry enough to say or do something that you now regret. In hindsight, did you overreact? Were the emotions raw and strong? Did the situation warrant it? If not, can you trace the cause of the overreaction? Sometimes we can, and sometimes we need help and guidance to do so. Once we realize the cause, we can then learn from it and adjust as needed.

If we see someone else get angry with us perhaps we can stop and realize that it may not be us but a reaction to something else that they

are taking out on us and this situation. Realizing this, you can then let it go. There is no reason for you also to get angry. Two wrongs never make a right. By allowing the other person's anger you can help both of you to overcome it.

No, you do not have to condone or agree with their anger. The issue is to accept and allow what is. This is especially true if the answer has a much deeper cause.

We are never the cause. The cause is always the other person's action and reaction within themselves to what is. The same goes for us. It is not the other person but us. We have no control of others, but we do have total control as to how we react to others.

Anger only has value in the signs it shows us. Know the anger may have nothing to do with the person or situation at hand. If you are the one angry, then know it is you and your reaction more than what the other person did. Could you just let it go?