



Dealing with anger effectively

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Introduction

In the period of transition from the old world construction of reality to the New World/ Earth, there is much chaos at a human and planetary level. New more enlightened social structures are being sought, and slowly developed, but in the meantime, chaos is frightening and confusing.

One of the most common responses to chaos is to get angry. Anger is a propellent energy: it catapults you into seeking a better way. For that point of view, anger can be a valuable indicator that it is time to take charge.

Unfortunately, however, most people - even those who genuinely wish to create a more harmonious reality - do not know how to handle it. The skill of owning, releasing and moving beyond anger is an essential skill for ensuring your own happiness and for those who wish to contribute their love to building the more joyful world we desire.

The nature of anger

Many people do not feel comfortable with anger because they have been taught, that it is unacceptable, or because they fear that it will get out of control and do severe damage to a relationship.

Even if you are an "angry" person the chances are you do not like yourself for it. (The exception is a person who enjoys aggression, which is not the same as a normal anger mood,.) However, anger like every other emotion is a natural part of being human and has, at least at this

point in human evolution, a survival value. Anger targets something that needs to change. It shows you something is wrong for you in your reality, even if by other people's standards you have no 'reason' to be angry. You have a right to change that disturbance.

The difficulty with anger is not that it exists, but how you handle and use it. Negatively, you can blow up, shut up or use it to invoke fear or to punish others. Positively, you can identify the problem, release the energy rush in a safe way, and then start to address the difficulty step-by-step in a grounded way.

Common dysfunctional responses

Earthdwellers and Skywalkers (see Free Stuff article on *Your Creative Personality Style* for a definition of these two kinds of personality) tend to deal with anger in different ways.

- Left-brain orientated Earthdwellers usually repress their anger; they try to be "reasonable". They feel they cannot get angry without justifiable basis in fact for their emotion. They hold back until they explode or it seeps out in martyred responses.
- Right-brain orientated Skywalkers either let loose, using anger to disguise other uncomfortable emotions, or withdraw from relationship altogether in order to avoid feeling the emotional discomfort of the anxiety that underlies their sense that they have no power to influence the other person to get their needs met.
- If an individual of either style is unwilling to express anger, he or she will resort to sneaky ways of expressing it: passive aggression.

The involvement of the negative ego in anger

In all cases, the dysfunctional aspect of the anger response will be applauded by the negative ego (that part of you that prefers conflict, separation and competitiveness.) Your ego will justify the bad handling of anger with self-righteousness or denial.

- If you are a Skywalker it may say that your anger explosions or withdrawal from relationship doesn't really do damage (untrue) or that without such behaviour you can have no positive impact (extremely untrue).
- Earthdwellers' negative egos will argue that an objection isn't really important enough to express (untrue) or that other people are too fragile to cope with objection (untrue). The negative ego will claim that any direct expression will hurt the other party. It will encourage the Earth type to control anger in others by manipulating them.
- In both cases, it is possible that the person will argue that it is spiritually unevolved not to have unconditional acceptance of another person's bad behaviour. This is a misconception.

The dangers of not handling anger appropriately

People of both personality types who repress the expression of their anger often do not recognise that they are experiencing it; they will tend to say they are frustrated, hurt, or sad. This means they can never clear the source of their distress, with the following possible consequences.

- Repressed anger leads to displacement. You will "kick the cat" instead of confronting the real problem. We call this dirty anger.
- Anger that is continuously repressed or denied is liable to lead to become the stress basis for health problems, especially depression, but also stress-related disease such as heart problems.
- Anger leads to a loss of motivation and productivity. Angry people lose motivation where once they were enthusiastic.
- Conversely, the overt abuse of anger through allowing the energy to run rampant is the source of extreme relationship pain and breakdown. If a person is too often angry without proper resolution, those close to them will respond by doing everything

they can to avoid anger and/or will no longer trust or open up to them.

Techniques for releasing anger

Note carefully: If you work the following techniques earnestly and still find yourself exploding with anger you need professional anger management assistance.

Unlike most other emotions, anger *cannot* be released through inner work alone such as meditation, prayer or visualization. The physical body needs to be involved. You can use any body technique that is used specifically with the idea of releasing the stress from the body: dancing, stamping, gym work, yelling in private, or painting. If you use these techniques you must focus on where you feel the anger in the body, and the particular problem, as you release the feelings. It is not sufficient to simply shake!

1. Shaking anger out

- Start by learning how you feel anger by noticing what happens to your body when you remember a recent incident that made you angry. What part tenses or churns?
- Now wait until a *small* incident occurs that makes you feel irritable, frustrated or grumpy.
- Stand up and shake the feelings out of the body focusing on the area of the body where the anger is located. Do this thoroughly.
- Imagine that the anger energy is now located in your aura in front of you as a big ball. Pick up this ball and squash it together a little.
- Throw the ball into the air, visualizing that it is flying into the universe of love and light.
- Imagine the energy now being transformed into the energy you would prefer: e.g., peace, harmony, manifestation, or clarity etc. Allow it to rain down on you. Absorb it.

- Repeat this technique as you need it but regularly! Do not wait until the anger is too powerful.

2. Handwriting anger letters

Writing out your anger is probably the most useful form of release if you need to communicate with someone later. You can use this in combination with physical methods.

Below is a basic technique to both explore and release anger. After writing an anger letter and burning it, you will feel centred and clear about what really concerns you. You may realize you are not so angry as frightened. You may decide that you need to discuss your objection or you may decide to let it go.

1. Handwrite a letter to a person you are in conflict with. Even if you are angry with a whole crowd of people, identify the one you are most annoyed with. (You won't ever send this!) In your letters express all the things you would like to say but don't. Allow yourself to express your feelings colourfully.
2. Include the *precise* facts of how, when and why you are angry.
3. Write rapidly without pausing until you are done!
4. While you are writing, make sure you stay aware of body tension from time to time. Make a note of this: Example, "When I think of how you my jaw tightens and my stomach is in knots. "
5. When you have completed the letter, put it aside in a secure place overnight, or for at least four hours.
6. Read it over. Highlight the words and phrases that still have energy for you. Add extra details if necessary.
7. Now destroy the letter, preferably by burning it (safely). If this is not possible, tear it up and flush it down the toilet.

8. If you are unsure that your anger has released, try writing an anger letter to the same person three or four days later.

9. You may now wish to discuss the problem with the person concerned. Prepare for this communication carefully by identifying your real objection.

Identifying the objection

Your objection needs careful examination before you communicate it. Generally the superficial reason is not the real one, especially where you experience chronic anger around specific situations or people. After you have written your anger letter it is likely that you will become clearer about the true cause of your objections.

Example: If you are excessively angry that your neighbour has complained about your barking dog, this anger may seem unjustified to an outsider, but at a deeper level the distress is being caused by something else which is much more “reasonable” to you. It may be that the neighbour has always been unfriendly, that they are inconsiderate themselves, or that you are feeling controlled.

It is important to work out what is really happening. If you do not identify the underlying cause, you cannot address it directly and therefore all practical solutions will fall short of the mark. Reading your anger letter over the next day will often bring this deep feeling to the fore.

Other resources

Other www.reachpotential.com.au information related to this subject can be found in the Libraries: Topics related to anger may be searched under the following categories:

- * Acceptance
- * Aggression
- * Blame

- * Depression
- * Forgiveness
- * Guilt
- * Inner child
- * Martyr
- * Negative ego
- * Projection
- * Wounds to consciousness

An article in Silver Members Library on the *Making friends with your emotional self* is also helpful.

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