

# ANGER / RAGE

**If you have** it, you probably don't want it. If you have it and like it, you need to lose it. Anger serves no purpose for the giver or the receiver. It does not contribute to a life of happiness and harmony. It can cripple a relationship and keep you in a life of stress and contempt. The anger I'm talking about is the type that comes up as a reaction to not getting your expectations met. It can be expressed as rage, hostility, an abandoning silence or striking out at someone. Anger is immobilizing and usually results from wanting the world or the people in it to be different.

**Anger is a choice as well as a habit.** When you are angry and out of control, you are really temporarily insane. You are also offensive, and grandiose. In addition to the obvious physical problems anger can cause, it quickly breaks down trust and a love relationship, stops communication, and leads to guilt, shame, depression and frustration.

**The best way to deal with anger** is to not have it at all. Anger is a result of thinking, aware or reactive and subconscious. It doesn't just happen; there is always a frustration behind it, then a sense of urgency. Things aren't going the way you want and you are going to have a temper tantrum about it, but you are no longer 6 years old anymore.

(**The other type of anger** is predicated by fear, relating to a past experience. The past trauma then must be healed so it no longer has the power to stimulate a reactive behavior of anger.)

**When anger is used in a relationship** as a response to another person's behavior or thinking, you are thinking, "Why can't you be more like me?". This clearly is not allowing the other person to be himself or herself, or demonstrating respect.

There are many types of anger;

1. Verbal abuse
2. Ridiculing
3. Physical-slamming, throwing- hitting, kicking, objects or people.
4. Threatening to kill or hurt someone.
5. Temper Tantrums
6. Sarcasm and /or the silent treatment.

**There are, for some, rewards** for choosing anger. You can draw attention, manipulate or use it as a handy excuse. "I just couldn't help myself." This way you can exonerate yourself, with out of control logic. You can get your way because others would rather placate you than have to put up with the angry exhibition.

**Anger can be eliminated.** There exist ways to eliminate anger from your life. When you are ready it can be very rewarding and empowering. Call for more information.

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