

ANGER

Anger is a primary emotion which is defined as a feeling of extreme displeasure, hostility, indignation, or exasperation toward someone or something. Synonyms for anger include rage, fury, ire, wrath, resentment, and indignation.

Feelings of anger may be very difficult for some of us to express. On the other hand, some of us may show anger much of the time. Depression, high blood pressure, headaches, ulcers, and insomnia are a few of the physical symptoms which may result when we do not deal appropriately with situations which cause us to feel angry.

Our relationships with others also suffer. Of no less importance is the effect our anger has upon our self-esteem. We do not feel good about ourselves if we carry around, either consciously or unconsciously, unresolved rage and hostility.

Some of us may rarely feel angry as we move through our daily activities. It is possible that we were not allowed to show anger when we were children. Because we tried to please the grown-ups in our lives, we soon learned to suppress our anger and not to express it openly in order to avoid criticism. After awhile, we may not have even consciously felt the anger which was building up inside of us. We may have learned to deny that anger existed. We just accepted our circumstances without taking care of our feelings in a way beneficial to us.

By not expressing anger openly, we suppress it and it builds up inside of us. The already mentioned physical symptoms can result. A person may also turn to substance abuse or compulsive eating when angry feelings are not dealt with appropriately. Unresolved anger can build to a point where we become like a bomb and explode emotionally. If we walk around angry much of the time, certainly our personal and business relationships suffer.

Not only can Emotions Anonymous help us get in touch with our feelings of anger, but it can also help us learn to express emotions in an appropriate and healthy way. We can use Step One and admit we are powerless over our anger and resentments.

As we attend meetings, we hear how others use these spiritual principles to relate to their daily activities. We become more in touch or in tune with ourselves and our feelings. Learn that often our anger comes from frustration with others or our situation. With the help of EA we learn to accept the things we cannot change and only try to change those that we can. We begin to know more quickly if we are angry and hurting. We become aware of how we truly feel. As our faith in our Higher Power grows, we ask for guidance, direction, and strength to handle specific situations. Our self-esteem rises and we begin to take more risks. Promise Ten comes true for us because we can begin to intuitively handle situations which used to baffle us.

In the EA program, we learn feelings are neither good nor bad, they just are. Feelings help us know when we need to act or react to a situation for our, own good.

As we gain experience in this new way of handling anger and resentments, we allow ourselves to feel the feeling, to actually live in the feeling for an appropriate amount of time. Before taking action, it helps if we can verbalize the situation with a neutral person. We take responsibility for our feelings, neither denying nor suppressing them.

We learn anger is not the problem, but rather what we do with that emotion. Left unattended, our angry and hurt feelings can lead to destructive behavior, but if handled or expressed appropriately, they can help us feel better about ourselves. A result is improved relationships with others. The priceless gift of serenity which we see in others and read about comes true for us.