1 Defining

Anger

Anger is an intense emotional state of being induced by displeasure or pain. It is physiological and psychological in that when it occurs can have consequential effects affecting both the mind and body. The consequences can be harmful or constructive, depending on how you respond to it. Anger's intent is to flare causing one to become tense. It can cause blood pressure to rise, racing thoughts to form, and rigid and repetitive thinking centering only on the event causing anger. What we do with this provocative emotion can make all the difference in the world. We could own it, come to grips with it, and get it off our chest. Or we can suppress it, causing a slow buildup to occur. It’s nothing wrong with being angry. It is a normal emotion. Learning to deal with anger appropriately can help us reap the emotion's fulfillment and enjoy life better.

However, on the other hand, when we suppress this emotion, nothing changes. Besides, there will be a slow buildup from anger to rage. This buildup from anger to rage would occur over time. It is not common for a person to act out during an incident when they are angry. But it is common for a person to act out when they are enraged. Do you see the difference? Rage is a violent expression, whereas people are hurt, physically or emotionally, when it is expressed. To get to

this point takes much time and years of hiding or suppressing your anger.

Face it, everyone gets angry. There is no way around this. Therefore, it should be managed, managed in a way where it can manifest change. Change around us or within. How do we know if our anger is managed? If a person is harmed physically or emotionally by our actions, it would be an excellent way to assess this. Our anger should not lead to physical violence, nor should it lead to putting others down at the expense of physically or emotionally harming them. Managing anger allows individuals to focus on the source of the problem and establish good planning to resolve unwanted behaviors. However, if suppressed, it would lead to no resolution of the issues and a buildup. The individual must express anger so that no person or thing is harmed due to expressing this emotion. If someone or something is hurt due to expressing this emotion is no more prolonged anger but rage. Rage is a buildup of hidden or suppressed anger. Anger must never be suppressed but always expressed in a way where no one is harmed," or it will cause a buildup of rage. Anger and rage are two different types of emotions. Anger is a normal emotion yet intense. It is an emotion that we can always manage with good coping skills. But when suppressed over time, it builds to rage.

Rage is a violent and intense form of anger. When rage develops over time and is expressed, people or things get hurt as a result, whether physically or emotionally. Rage is an emotion stemming from a buildup of suppressed anger. As rage builds, the more intense it becomes. Because rage is more intense than anger, the physiological manifestations and psychological manifestations are quite different and change dramatically.

What Causes Anger

Anger is the emotional response that we have to an external or internal event perceived as a threat, a violation, or an injustice. It has been widely theorized that anger is an adaptive response and is a version of the fight or flight response, which is believed to have evolutionary usefulness in protecting us from danger.

The Emotional Response Cycle

Emotions are triggered by internal (thoughts, feelings, physiological states) or external events.

Our thoughts immediately interpret such events (often not conscious). That interpretation then gives rise to internal neurochemical reactions. At that point, we experience the emotion, and we react to it both internally with more thoughts or feelings and externally through behavior and actions. Biological differences also mediate the reactivity to emotional triggers and the experience and resolution of the emotion.

The Experience of Anger

The experience of anger is learned and varies from person to person. For example, someone may cry when they feel angry while someone else may yell, while still someone else may become withdrawn, to name just a few of how anger manifests.

We usually learn how to experience and deal with anger in our families of origin. There may be families where emotions are expressed continuously regardless of the consequences, while others may not tolerate any show of emotion. Also, often within families, some members are allowed to express certain feelings, while others are not.

In conjunction with the experiences we were

exposed to during our crucial developmental stages, our biological predispositions establish our emotional experience and expression parameters, including anger.
However, all experiences of anger have the following elements in common:
We experience what's happening as unfair.
We feel helpless at the moment:

- Threatened
- Vulnerable
- Exposed/shamed, victimized
- Violated
- Inadequate or unable to meet important needs

We then personalize the experience:

- "It's being done to me" or "It's happening to me.

Anger by itself is not destructive, but how we try to cope with it can be.

Anger Styles

There are four basic ways in which people respond to anger:

- Aggressive

Anger is externalized, "turned loose."

- Passive/Aggressive

Outwardly agreeable, but showing the anger through indirect actions or sabotage

- Passive

Anger is internalized or "locked up"

- Assertive