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Anger: What's It All About?

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Anger: What's It All About?

Anger is an issue that we all face each day of our life. Whether you are the one struggling to deal with anger or someone else, anger affects us all. Anger is an emotion when triggered will act out either negatively or positively. Learning to control emotions and anger is important to be a successful person in life.

A Grandiosity Mind Trapped in Anger

When we have a grandiosity personality type then we are prone to anger outbursts. A person with grandiosity thinking may believe that he or she was centered out from everyone else when he or she does not get his or her way. People with grandiosity attitudes will say things like that was a lousy idea since those people are stupid anyway. A person of this nature may believe that other people would have behaved the way that they did in a similar situation.

There are many traits to grandiosity that are disturbing and when a person has a disturbed mind, he or she is prone to anger. This type of person will have a difficult time dealing with stressors and stress and will often act out on emotions when they feel threatened. This means they are prone to assaulting others intellect, cursing at the problem, attacking another persons mental status, and even acting out violently when they are mad. This type takes us to a whole new level of understanding anger, since a mental illness is often underlying the emotions.

A person of this magnitude of anger is known as a narcissistic personality type. Paranoid schizophrenias, histrionic personality types and a few other have a grandiosity personality underlying the diagnose. When we see that a person is angry due to a mental illness then anger management may or may not work. Most histrionic personality types are firm in their way of thinking, therefore more extensive therapy is needed to deal with this type.

If you experienced anger outbursts, you realize that you feel remorse after the interruption takes place. On the other hand, if you have a histrionic or paranoid personality remorse is not in the picture. A person has to have a sense of remorse to become subject to recovery in anger management. Although the psychotherapist may find a resolve, it will be minimal. Unfortunately, in some cases of this type of anger, there is no resolve and the patient may eventually destroy another person's life.

Uncontrolled anger includes, striking, hitting, punching, assaulting mentally, verbally assault, and even murder. Now we are looking at a serious problem since anyone is at risk of being subjected to these types of personality. A more common form of anger is a mild name calling, such as you were acting like a jerk. Alternatively, damn why did you do that? Some of us might even say why you centered me out as a target to anger. The person will raise the voice assertively, and often walk away when the person does not reply as he or she intended.

There are forms of anger that can be dealt with and some are rooted from jealousy. Well, the world is acting out of accordance to man's beliefs most of the time so in many instances there is just cause. The problem is dealing with it so that it does not get the best of you. For example if you are married and suspect that your spouse is having an affair you might confront this person rather than accusing. Find out the details before you blow up and cause a commotion. If the person is cheating then you have two options.

You can forgive the persons infidelity and move on or you can hire a lawyer and find a more suitable, trusting mate. I would choose the latter since cheaters are liars and thieves trying to get away with something, therefore the person are not trustworthy in most cases. See the reasoning behind this? Of course, it is going to hurt, but in the end, you will see that you made a good choice. If you decide to stay with the person, remember your forgave so do not bring up failures when another problem occurs. Failure is success flipped over and if you review failure in a positive light, you problems will reduce as you move forward in life.

If you have a grandiosity personality, you will need help, since the mountains are more difficulty for you to climb. Do not be a failure control your anger before it controls your life. When a surge of anger sweeps you, away try taking deep breaths and relax.

A Surge of Anger

We walk through life searching for ways to understand how anger interrupts so many lives, including our own. We can see through the history that anger has been a major problem from the beginning of a corrupted world. We know that we have a variety of people, which includes different classes, genders, race, ethnicity, and so forth. We know that society has its own rules, the criminal division has its rules, and the religious leaders have their rules.

We also know that there are different countries that have their own beliefs, separating their understanding from our country. This means we are living in a diverse system and that understanding needs to be in order to reduce the number of anger problems around the world. Anger is an emotion that all of us share. When anger gets the best of us then it is time to find anger management solutions to deal with the stress. The many people that are angry find it difficult at times to adhere to the different techniques offered since all of us differ in our own way.

Some of us can go for a walk and cool down, while others may walk and find it difficult to find relief. This is because the person is focusing on his or her madness and refuses to let go. When this occurs, it might be best to find another strategy that works for you. You might find a soft cushion and beat it until your frustrations are exhausted. You might even try writing down your feelings on paper and reviewing the list once your anger is vented on paper. If you have a computer, you might want to go online and find an opponent and kick his butt in a game of chess, or what game you choose to play.

Winning always enhances a mood. If you find this difficult, you may want to take a blank paper and draw ugly faces. You can draw your emotions and feelings on a piece of paper and this often works for some of us to relieve anger.

After you find the technique that works best you, then it is time to learn how to deal with anger by finding the triggers and learning strategies to avoid them. Anger management classes teach us to control our anger, by looking at the triggers, emotions, and person as a whole. If you are angered because someone ate the last cookie then you know you have a problem with selfishness. A cookie is no reason to explode and vent your anger on another person. Material is irrelevant compared to hurting another individual. When you cuss, argue, fight or threaten someone because of your anger you are not only harming your self since anger harms your body, you are hurting the other person as well.

Dancing is also great for relieving tension, stress, anxiety, and depression. If you have skills put them to good use, since this can help you manage your anger. Once you step to the beat, put your heart into by listening to the sounds and voices of the musicians. Absorbing your mind into music has proven effective for relieving emotional stress. Getting lost in a world of illusion can benefit the mind when the mind has taking all it can take. Your problem is deeper than the cookie, therefore you can learn by each strategy what really makes you mad. We all have problems we face each day, and some of has more than others do.

Therefore, facing reality in full light is great for controlling anger. When you realize you are not centered out and attacked because of whom you are, you will then realize that problems are solvable. If you are in financial problems, you can research and learn how to find a resolve for this problem. Once you get positive insight, it will lead you to take the steps to relieving your stress and anger. If the problem is family, you might look at both sides to see where you can make things better. If someone else is the problem, you might ask this person in a cool voice to better him or her selves, since they are creating a problem. A surge of anger is great if you have control! Remember anger affects the body negatively.

Anger Affecting the Body

Anger affects our body in many ways. When we are angry we often feel stressful, betrayed, hurt, our body is tense and our stomach is in knots. When we feel this way, the world seems to tumble around us and our best friend has packed up and left us behind. The loneliness creeps in and often we feel that the whole world is an illusion and everyone is out of his or her minds. There are times we want to run and hide and there are times we simply want to find the source that caused our hurt and beat them to a bloody pulp. We know we cannot do this since it is illegal and it does not help our problems. Rather when we blow up fusing our anger on someone else, we are only adding heartache to heartache.

Sometimes we all fail to see that there is a solution to many problems, but when we use up our last resources and nothing is left then where do we turn? How do we find our way out? If you are feeling like there is nothing left in the world for you and that, you have run out of answers to the many questions then you are not alone.

One effective way to look at your situation is to know that someone else is suffering worse than you are. Forcing your mind to remain positive can help when times are tough to deal with. When you have been betrayed, robbed, manipulated, lied to, hurt and you feel that the person is getting away with something. Remember, the bad people always pay a higher price than what they induce on the victim. It may take some time, but you will see in the end that the bad person will pay a high price for his or her behavior.

If you have been victimized rather than venting your anger in a negative light, trying using your intellect and resources to enforce that the source is paying for the crime committed against you... If you are merely struggling from common problems then remember sufficient for each day and take it one day at a time.

Try to find some humor in your situation. Laughter is always a source for relieving anger. When you feel your stomach knot, try to focus on something positive and go do your chores. Anytime we burn energy, we are burning emotions that are the root of anger. If you enjoy writing, sit down and write an article, book, story, or a simple journal. Write down your feelings, how you view the world, and the people in the world. Try to find a way to put some humor between the lines so that you can laugh when you look back at what you wrote. If your body is tense go for a walk and try to admire the beautiful scenery that God provided us.

Remember when you are walking that something good comes from bad. This may not make sense, but if you look back at your many problems and how you dealt with them, you will see a series of good fortunes that came your way. We can all make more of a situation than what really exists and we all need to stay focused to survive the game of life. If you feel that you are centered out for punishment, then think of the men in war, the children in abused homes, or the wives that are tortured by their own spouse. Now look at your situation again. Are you homeless? Do you have a roof over your head? Do you have food in your kitchen? Do you have your bills paid? If this is true then why are you mad?

Anytime we are angered, our body is affected and this causes harm to our health. Is anything worth destroying your self-being, including your body and mind? Is anything worth losing your respect? If you are angry, think before you act, because impulsive behavior leads to problems that are more complicated. When you feel like the world is tumbling down, pick up your torture stake and walk another mile. We all deal with rejections as it is a part of life, but anger does not have to explode when rejections are required.

Anger and Rejections

Rejections are normal and we all are told no on many occasions. Some persons have difficulty handling rejections and may react hastily to the other person involved. If you walk in a bank and apply for a loan and are rejected you might stomp out the door shouting obscene talk to the lenders. This is not an appropriate way to handle the situation. This in fact can get you in trouble and it is obvious that rejections are triggers to your emotions that enforce your anger. Now that you see this is a trigger you will need to learn how to cope with your anger and emotions.

We can start with the technique to work through your anger by reducing your stress. If you are a spontaneous person then you will need to learn how to cut back on stressors. If you feel pressured in the morning before going to work, try picking out the clothes you will wear for that day the following evening. This will provide you an extra few minutes during the morning to prepare for work. If you are running like a mad person to meet classes, then you might want to set up a schedule for your self that includes time management. This can help you learn to prepare ahead and stay on top of things without rushing.

Instead of roaming thoughts through your head about what you, need to do each day, try handling one task at a time. This works wonders once you practice and continue with your strategy. When you feel angry, try taking a few deep breaths before you speak. You may also want to practice exercising since this burns energy and often reduces your chances of exploding when your emotions are threatened. If you cannot handle rejections, coach your mind to believe that the person is not centering you out. Repeat over in your mind that no is a positive in many cases.

For example, if you are married, you enjoy going to the bar to chat with your friends, and your husband does not want you to go, and then think why he said no? Obviously, your husband cares about you since he knows that danger is potentially high at bars. He does not want you to get hurt therefore, he is saying no in your best interest. If the bank turns you down on a loan there is a legit reason. Maybe your credit report needs some repairing, or maybe they felt your income would not cover the loan amount. Therefore, your best interest was at heart again.

We all hear no throughout our lifetime and most times, it is for the best reasons. If you apply for a job and are turned down, it might be in your best interest, since the employers felt that your skills were not on the level that the job required of you. Alternatively, you may be over qualified for the job and when you are rejected, the employers are merely saying we do not have the cash to pay you for what you are worth.

Thinking positive is always great for managing anger. If you are prompt to explode when your emotions are interrupted then it is difficult to manage your life. If you are angry most likely, all areas of your life seem like an uphill travel. When you gain control this often benefits everyone, including your self. Your life starts to improve and your mind is thanking you for removing stress from its cavity. If you are prone to beat your

self up when rejections come your way, you might want to find a positive side of your being and enforce it in your mind repeatedly.

Practice makes perfect and this is a great way to train your mind so that you gain control of your mind and anger. If you are frustrated easily, it is probably because you do not take time out of a day for your self to relax. There is nothing wrong with relaxing. Therefore you can sit down for 30 minutes each day and yoga or think of nothing at all. Finally, we are closing so I wanted to let you know that once you practice the strategies for dealing with anger, pat your self on the back each time you make effort and achieve. Anger consumes time!

Anger Consumes Time

When we are mad, we are consuming our energy and time on negative forces that may or may not prove results. Anger is an emotion that we all have and when we use anger to our advantage, it often takes us further than blowing up in an uproar. Anger that strikes, hits, punches, curses, assaults emotions and so forth are negative anger that causes more problems. Dealing with emotions and anger is never easy when we have probable cause to become ignited.

When others hurt our feelings, attack our intellect, and take advantage of us it can upset anyone. We are facing problems that include, anger, prejudice, mental illnesses, substance abuse and crime everyday. However, negative anger can only hurt and rarely help anyone. For example, we can look back on September 11 when a group of men acting out on anger affected the entire world. Instead of resolving their problems, they added more problems to everyone's life. See when you expose uncontrolled anger you are not only hurting your self you are hurting other people.

Anger is increasingly causing more problems for our entire world. Since we are dealing with terrorist, serial murders, child and spouse abuse and other types of violence, we know that the world is heading for disaster unless someone comes up with the master plan to deal with all the anger surfacing the earth. We can see anger has interrupted many lives and continues as we engage in wars. We have professional leaders that are unable to deal with anger since when a problem occurs violence is the ultimate result.

Looking back at September 11, we can see that anger played a large role on both sides. The terrorist from another country was mad and acted on their anger taking revenge and all this was based on a belief. The American government retaliated and now we are still fighting almost six years later and little was resolved. What if the leaders were able to negotiate and talk out their problems with each other? If both sides would have shown more responsible and maturity anger would not have caused the many problems it did in this event.

We can ask is there a way that the problem could have been dealt with. Yes, there probably was, but anger took control. We can also look back in history and review the

other wars that plagued our system. The wars always affect us all in some way. The anger that is issued by one party or group played a large role in everyone's life. It affects the economy, the environment, parents, teachers, children and anyone that is touched by anger. If we are going to get ahead in life, we have to find a way that deals with anger on all individualities. Anger is a sign of mental illness, substance abuse and common society. Some of us act out violently while others of us find a more suitable way to deal with our problems.

If we use anger positively we are sure to have a much more productive life. In a way, we all rely on each other whether it is directly or indirectly. If you have a problem with anger, there are anger management classes to rely on, or mental health experts waiting to help you deal with your anger. If you have substance abuse issues that contribute to anger then alcohol and drug classes are free of charge to help you learn how to deal with your stress and anger. The people that attend most these meetings have their own problems and have found a way to deal with them more effectively.

Anger rules the world at this point since we are all touched by the violence that plagues our system, but if we all take the first step to dealing with our emotions and anger then our lives will benefit us all. If you know someone that is dealing with anger show the person some patients and help him or her find the help they need before it is too late. Remember negative anger consumes our time, burns our energy and often wastes our money. Controlling anger is where it is happening.

Anger Control

It is often difficult to maintain control of your impulses when others around us make us mad. It is even more difficult when the prices in the economy increases every year, and the legal and political system is constantly putting more demands on us everyday. Most of us deal with the stressors in life as they come our way, but some of us get out of control. Management is often the solution for treating anger; however, the person must be willing to admit their actions are causing more problems.

When a person acts out violently, verbally abusive, assault and so on it not only causes problem for the person out of control, it also causes problems for others. Often when a person has anger issues he or she will attack others whether physically or mentally. The angered person will often attack in a way that belittles, humiliates, harms, or threatens another life. This person will need to learn to control his or her anger, since everyone around him or her is in a degree of danger, and sometimes more danger than others experience.

Anger is the inability to restrain the impulses, desires and emotions. When a person is out of contact with his emotions, it often creates a chaotic mind. When a person is threatened, it is always good to have a degree of anger to protect. However when a person does not have control then it can lead to trouble. Anger, sadness, joy and happy are all parts of our emotions, and when we have those emotions in control we often live

a productive life. However, when we seem to a target of attack then it is more difficult for us to manage our life and anger.

For example, some children go to school and each day a bully will antagonize this child pushing him beyond his or her control. The child may hold his feelings in for a period, but eventually he or she is going to lose control, since none of us is willing to continue allowing someone to make our lives miserable. Unfortunately, when this child reaches his or her limits and returns the attack on the child, he then becomes the culprit and is often punished. The bully too many times gets away with his behavior, and once the victim takes action he or she is often punished. The school personnel will often say why didn't you tell me what was going on? However, the fact is the child most likely told the personnel and in my experiences, they rarely act. Now we have two children with anger problems and more people in trouble.

This is only one of the many reasons why a person cultivates anger to a degree of explosion. Each time we are angry we feel it in our body and mind. Our body will often tense when we feel angry. If you feel this tension then it is time to step back and take control. Why am I mad? Why do I feel this way? Asking yourself questions can help you find the answers if you search your mind hard enough. Usually after a person has developed a level of anger that is out of control, they will often strike out at persons even if there is no justifiable cause. The person could have moved something that belonged to that person and they will react by saying something like you stupid moron, why in the hell did you move my belongings? I cannot believe how stupid you are. Why do you bother breathing?

This is only a few examples of a verbal attack issued by an angered person. The person may attack physically by kicking, hitting, punching, spitting, or causing other types of harm to the person. It is important to get management in play if you have anger problems. If you cannot control your emotions then one day, someone will control them for you. Anger is good if you have it under control, but when you lose control someone, someday will pay and that someone in many cases will be you as well as the trail of victims behind you. Learning anger coping techniques can help you deal with anger.

Anger in an Uproar

We can review anger carefully to learn the signs; it can help us to find a way to avoid uncontrolled anger. Some of the signs are noticeable when we are angry. For example when your body feels tense, your stomach is in knots, or your mind is cluttered then you are on the verge of anger. Anger affects us all in many ways, but for the most part when we are angry, we feel emotions tangling, tension, knots, and stress in our way.

In this article, I am going to tell some real life stories that will help you to see the results of anger both negative and positive. One man with a grandiosity personality became angry one day. When his mind told him that some people are a problem that

needs to be removed him influenced thousands of others by his anger and lead them to kill more than a million innocent people. This man was Adolf Hitler. Now we know this man was mentally deranged, but underneath that troubled mind was a source of anger so extreme that it affected billions of people for years to come. This is negative anger that leads us into a war and this was the result of this man's angry mind.

A woman walks in the door hoping that someone can help her find a home for her two small children that currently are out on the streets with her. She goes to a public service that offers hope to the needy. When she arrives, she learns that the resources were drained when the flood caused a major disaster. She is referred to other resources that may be able to assist her. Now she is not only thinking about herself, rather she has these two small children to take care of and find them a home. Now the woman has no family and the children are fatherless. We can see a serious problem in front of us. How does she handle this situation? Rather than blowing up and throwing fuel on the fire she thanks the people nicely that just rejected her.

She follows up by going to the other resources mentioned to her. Still no hope, so she continues along her journey losing hope every step of the way when suddenly a woman walks up to her and says hey, I am looking for a roommate. Would you happen to know anyone? The woman overjoyed tells the woman of her predicament and finds relief once the move in is finished. All good things come to those that wait. Now if the woman would have acted out of anger during all this rejections she might have never meet the woman in need of a roommate because her mind would have been in shackles sitting someone on a corner refusing to see a way out. I like to use more extreme causes when it comes to anger.

Most people that have anger problems neglect to see how anger can change their life for the worst forever, or enhance their success. Some us blow up in a rage when our buttons are pushed and may feel regret after the assaults are made, but overall it does nothing but causes harm. When you apologize this is great, but it is even better when you take charge of your emotions and anger. Rarely a situation does not have a solution for a problem. However if you are sitting in prison under someone else's control you may never find the answers to your problems. Continuing we can see that anger has a root and often the root produces symptoms.

When we are alert to our emotions, we are in control of our anger. If you feel like you cannot take anymore or if you feel the world is, tumbling down on you it is time to ask a trustworthy source for help, since you may be on the verge of exploding when your anger attacks. There is nothing wrong with asking for help. The people do not get help that are in serious trouble and prone to anger. Finally, we see anger in two different lights make your anger positive. Positive is anger in control!

Anger in Review

When we review the source of our anger, it often helps us to see the answers we missed when our emotions had control. Emotions are our makeup and they control our anger, sadness, joy and all other aspects of our thinking if we let it. If you are having difficulty managing your emotions, you most likely suffer anxiety, depression and become uncontrollable when your anger bursts. The best solution then is writing down your emotions and thoughts on paper and search for the triggers that interrupted your emotions.

For example, I was involved in an incident that caused my mind's image to break off into fragments. I am unable to review the entire episode that created the chaos in my head. The incident caused my nerves to shatter, which led to anxiety attacks and periodical depression episodes. I cannot cope with everyday life and I often try to avoid people to minimize the conflict in my life. I have flashbacks on occasions that upset my nerves and emotions and when someone triggers me, I want to strike out and hurt them as they have hurt me. We are dealing with posttraumatic stress disorder in this experience; therefore, we need a coping strategy that works best for us. We see that the anger is going to get the best of the individual if he or she does not find a way to control the emotions that causes an uproar leading to anger outbursts.

First, this person cannot stand to be around loud noises so staying away from crowds is best for now. Finding a safe haven in your home and a quiet environment often works best to prevent anger and stress outbreaks. You might want to take Ginkoba for alertness to help enhance your mind. You might even want to visit a mental health expert and ask for a prescription that helps deal with posttraumatic stress disorders. Trazadone is great for relieving nightmares and night sweats, which are symptoms of posttraumatic stress disorder. Vitamin C and Vitamin B-Complex are also great to enhance the mind and help a person cope with stress.

If you have difficulty focusing, which is another symptom included in the diagnose then you might want to focus on smaller tasks and move ahead to bigger tasks when you are ready. Learn to relax. Taking deep breaths before your emotions erupt is often good for dealing with anger. Yoga and exercise are great for helping the body and mind to relax. If you struggle with emotions its best to find out what works best for you and practice each day relaxing approaches to healing. It is important to pamper your self and avoid stress and stressors as much as possible. Remember you are at a greater risk of anger explosion more so than the common people in society are. The diagnose formally known as 'war shock' will take you boldly where no one will ever go.

It is important to learn the symptoms and find a way to deal with it accordingly. Learning is growing and when your mind grows, it is developing a great survival strategy. Remember when you are overly stressed your body is affected gravely. Your diagnose puts you at a deeper risk, since anxiety and stress levels of posttraumatic stress disorder opens the door to heart attacks and strokes. Eventually you will need to face the trauma that put you in this state of mind. Therefore, I highly recommend that you write everyday. Role-playing is also great for these diagnoses and will reduce anger and emotions. Sit down in a comfortable area and pretend someone in the chair across

from you loves you. The person has your best interest at heart. Now begin telling your imaginary friend the problems you are dealing with and what you are feeling inside. If you are feeling angry, tell the person how you feel and why you are feeling this way if possible. If you need to punch something soft, so you will not get hurt. Finally, vent all your energy and anger by vocalizing to your imaginary friend and when you finish review your scene carefully. Put the anger in review and take charge of your position when you see that your anger is not out of your reach. When we have anger flaring in society, we have problems along the way.

Anger in Society

Anger in society has been ongoing since the beginning of humankind's first bad decision. We look back through our history and see that anger has played a large role in society. We can also see that anger continues as the year's progress, since more and more people are getting mad. There have been a number of children reports around American where the child interrupted a life due to anger. The list continues to grow out of reach as the days continue to create more burdens on the life of us all. We have the government making countless of mistakes, the religious leaders all confused in what is right and what is wrong, and the society that has their own set of rules and regulations.

Is it any wonder the whole world has not gone mad. We all face problems each day, some of us more than others do. We are all subjects to anger since it is an emotion we all have. There is not one time in our lives that we all have not exploded. We may have yelled at the neighbor, a best friend, spouse, child or even our dog. We all are angry at some point in our lives. The deal is learning how to cope with anger. Anger can make you or break you. In other words, your success depends on how you control your anger. In this article, I am going to tell you how to deal with anger when you are dealing with society, the justice system, religion, or other sources.

Now, this article is only intended for an audience of people that are mad as hell because of someone else's actions. For example, if you were a victim to an assault and the justice system failed, then you are mad as hell. This is ok, since you have the right to be angry. Now, here is the key to success. Let that anger work, yet repress it to the degree that you can handle what I am about to tell you. This worked wonders for me, and if you are a sincere person, it will work wonders for you too. If you are experiencing a problem with another individual, you have the right to contact the authorities. You have the right to protest, contacting your area representative or state representative.

You the right to contact any higher official that will work for you and you have the right to tell all the details surrounding the incidents. You do not have the right to beat someone up, attack him or her emotionally, or insult him or her verbally. You have the right to protect yourself if someone threatens your life, or being, but you do not have the right to strike out without cause. In certain incidents, the opposite person did something to make you angry. This means that you have a right to defend your self

legally and righteously. If you have to resort to informing the higher authorities, then so be it. You did nothing wrong as long as you are honest.

The key to success then is staying honest regarding whose feelings you hurt or whose toes you step on. An honest person often feels good inside and when a situation occurs that angers them, they often know how to handle it. When we are not honest to our selves or others then we are laying a foundation for hate, which leads to anger outbursts. If we are doing something wrong, it often bothers our conscious and we will act out angrily when our emotions are interrupted.

Do not get me wrong, an honest person can become angry, since it is an emotion. When you are honest, you are subject to a series of attacks by others, that liars are not ordinarily subjected too. This is because the system is used to lies and when a person is honest not everyone will understand the person. Therefore, you are working against anger, yet in the same token you are working against the sources that make you angry. Sometimes fighting fire with fire is the ultimate source for dealing with anger. One finally tip is to avoid alcohol and drugs since substance abuse only increases anger.

Anger Increase with Substance Abuse

When substance abuse is in existing then we are dealing with a mind that is shackled with anger. A person with an alcohol or drug problem often feels that the world has let them down. A person with alcohol or drug abuse often has difficult dealing with their emotions, anger and stress. When the person feels stress, they will often head to the liquor store or the nearby drug dealer for a fix. This is a temporary answer to the problem that adds more problems to the existing issues. Therefore, finding a more productive method for dealing with stress, emotions and anger is advisable.

If you resort to alcohol or drugs for relief, you might want to realize that the world has more to offer you. Mental health services can go a long way since your problem is not directly the alcohol or drugs but an underlying source exists that links to the real problem. You probably lived a life and lacked development in your growth. You may even lack educational knowledge that helps you to see things in full light. You might even have a mental illness that is hindering your from living a productive lifestyle. We see then that alcohol and drugs is just another problem you added to problems already in existence.

If you use your resources, you might see that doctors have medications that can help you to cope with stress or mental illnesses. You might even see that there are resources available, such as anger management, help groups, and so forth that can help you find a much more effective way to deal with your anger and stress. If you feel like the world is resting on your shoulders, then you might want to review your problems carefully. In many instances, a person has added problems to their life and is the root of their own behavioral issues. You will probably see that alcohol and drugs is playing a large part in how you behave in society.

Alcohol usually makes us express our emotions freely without preservation. This opens us up to evil, since our perceptions, sound, and words are affected. This means you may misinterpret someone talking to you, flare up with anger, and possibly engage in a fight. Never take life for granted. If you believe that alcohol and drugs is the answer to your problems then you are on the road to destruction. Life is filled with problems and we all have to face them every single day. It is how you deal with the problems that enhance your success and coping abilities. If you have difficulty managing stress then you might want to review the triggers that ignite your emotions.

For example, if you are visiting associations that adhere to negative living then you can see that new friends are needed. In fact, you will see that the association is not friends anyway. A good friend will not allow you to drive and drink, or take you to a bar if you already had too much to drink. A good friend will tell you to your face when you are doing something wrong and try to help you find a way to stop. Alcohol and drugs only increase your chances of exploding when your emotions are threatened. You might have probable cause to strike out, but in most cases, you do not have cause at all. I hope that this helps you to see that alcohol and drugs only increase anger's chances of opening up and extending your problems.

If you are an abuser then your path is marked, since if you are caught drinking and driving you will have more problems than what you already had. If you are taking drugs then you know that someday the police will knock on your door and ask you to step outside. Once those handcuffs go on, alcohol, drugs will be removed from the picture, and more problems will lead you to overwhelming stress, meaning you are adding something to what you could not face in the first place. There are people that care whether you can see it or not. You are not alone! Anger management is controlling anger.

Negative Anger

Anger is either negative or positive. When we are angry, we often walk away from a problem or else handle it by screaming at the source. Anger is an emotion that either controls us or helps us to succeed in life. If we have negative thoughts most likely when a threat hits our emotion, we will explode. Some of us abuse others by, hitting, slapping, verbally assaulting, mentally abusing, or punching walls or other obstacles to vent our anger. We can break this down and see that nothing but harm comes from these actions. If you are hitting or slapping another person, you will go to jail and that person may end up in the hospital.

Once you hit the person, even if they do not go to the hospital the emotional scar will remain for years. Likewise, if you are punching walls, glass, or other obstacles it could cause harm to you. If you are verbally or mentally abusing another individual, you are scaring him or her for life. It makes no sense to behave negatively or harmfully when a person is angered. The best solution is learning to deal with your emotions, since most

times your emotions will play tricks on your mind. You might misunderstand the person you felt made you angry and act out on an emotion that makes you the foolish one in the situation.

This is only humiliation of self and leads nowhere. If you have a hard time, comprehending what another person is saying, slow down and ask the person to explain. This often makes the light clearly and you may see that the person was not threatening your emotion in anyway. If you feel no one listens to you, then you might ask yourself is it a part of your imagination, or is this true that no one hears. You may review the conversations with others and may find that someone does listen and hears what you are saying.

It is good to speak up when you are feeling threatened by another person; however, it is not good to react in a harsh manner to solve the problem. When you are harshly acting out on your anger, you are only hurting yourself and other people around you. You are doing nothing but causing more problems for your self and everyone involved in your life. When you behave in such way, people are less likely to listen to your side, and will often lose respect for your person. This is your fault since you acted immature when you were angry. You cannot blame others for your behaviors or actions.

We can see that this information leads us to more anger. When a person behaves in a derogatory way then it affects other people. When a person becomes a victim of an angry person, they often learn the behaviors and act accordingly to how they were treated. These means we have more problems in society, and no one is winning. Life is too short and filled with too many problems already to create more problems. If we cannot find a way to control our anger, it might best to find someone that you trust to help you control your emotions.

Another great technique for controlling anger is to volunteer at a source that uses your energy. For example if you have a major in a certain area, you might offer your expertise to children or other people to help them better themselves. Join a gym and work off your frustration and also better your health and body. This is often great for relieving anger since you are burning energy. It is important to avoid alcohol and drugs when you are dealing with anger.

The most important reason is that it is not good for you, but it also increases your chances of exploding when you are angry. You might want to get a physical and mental health check to see if underlying problems exist. Since anger is one of the many signs of mental illness, you might find hope once you are evaluated. If you are lacking understanding of anger, go online and research the marketplace to learn more about your disability. Regardless of your problem when dealing with anger, psychotherapy can make a difference at anger management.

Domestic Violence and Anger

How does anger play a role in Domestic Violence? Simply put most persons that abuse their spouse in this situation are angry due to the antisocial disorder underlying the persons mind. Anger is one of the leading symptoms of personality disorders, which include paranoid schizophrenia, schizoid, antisocial personality, psychopathic, histrionic, sociopath and so forth. Most of the persons that are abusive in relationships have antisocial behaviors personalities. The antisocial personality type often attacks when he or she is drunk or under the influence of drugs. This is not true in all instances, but it is true in most. Antisocial personality types often disregard rules and regulations and often feel they are authorized to do so.

Antisocial personality types are controlling and if you are not conforming to their authority, they often vent their anger in a controlling or violent manner. Antisocial personality types will humiliate, intimidate, brutally abuse physically, mentally belittle, and it never stops. This type of individual has never been proven a candidate for recovery. In other words, men that batter their wife in relationships are most likely going to continue until someone dies. It is not wise to engage with these types, as there is rarely a chance of hope.

This type will often beat a person, until death becomes the focus. This means someone will die, since this person will become angrier through the years, and often rarely ask for help. Even if he or she does get help, it often fails. I do not recommend starting a relationship with this type of person. The signs are deranged look or expressions, laughing for no apparent purpose, laughing at a situation where a person was harmed, outbursts of anger for no reason, and so forth. This type is superficial and will often lead you to believe he or she is a model to society, when behind closed doors the predator appears.

Hate is the underlying source of this person (s) anger, and hate has proven to kill. A deep-seated jealousy is also underlying the anger issues within these types of individuals. Many of these type of angry persons will often take drugs, including cocaine, crack, marijuana, and so forth. They often over succeed the limit of alcohol consumptions and this only increases the odds of them blowing up in a rage. One example can be seen in a small town dubbed Dowagiac, Michigan. The person attempted to kill several women, and was allowed to walk the streets. Little help was provided to this person, and often his outrageous attacks were simply because he could not control the persons involved.

The victims were left without justice, and a few even believed that he would change. To date he is sitting in the county jail on a number of charges, including assault of a police officer and a hit and run. The police according to witnesses claims that the perpetrator had a weapon, and was drunk when fled and eluded the police and marijuana was also found in the vehicle. This person had an ongoing history of brutally hurting others, and the justice system let those victims down, which led to more anger problems.

Another example of anger is borderline personality types. These people when feeling abandoned will attack others. Sometimes they are physically abusive, while most times

they are verbally and mentally abusive. All a person has to do is go to work and when he or she returns home, most likely she or he will be accused. The person might even call the workplace of the mate numerous times to verify that he or she was not abandoned. This is another type of angry person that rarely recovers, and like the antisocial personality types, these types are just as dangerous and manipulative.

Paranoid types are also dangerous and manipulative and their anger can never be predicted. In most cases, these types act out on voices outside the head, or psychotic breaks of the mind. Like the antisocial types, the paranoid type rarely has justifiable reason for their behavior. In most cases, it is merely a control issue. This means if the person is out of control he or she will react angrily and violently. The emotional anger bottled up inside an angry mind kills.

Emotional Anger

Dealing with emotions is never easy, especially when we are angry. Anger is an emotion, but at what time it gets in the way with our own life and other peoples lives, it becomes a critical dilemma. Emotions are obsolete in that it is a feeling that causes the body to react to changes within the person, and prepares the person for instant energetic action.

Fear is the root of anger and the trigger that instigates the emotion that sets anger in front of the mind. When a person feels threatened mentally, then this person will often react out of fear. The fear is ingrained deep within the emotion, therefore the person is not always capable of decipher what caused the anger. When this happens (depending on the level of fear and situation involved), the person will react by emotion or thought to the problem. If the person is not thinking when he or she reacts, then most likely a disaster will occur.

The mind is where it is at and if we are taught to use our head in all situations, then we probably will not have a difficulty controlling our anger. However, if we are taught to react to emotions that trick the mind then we most likely will endure hardship throughout our lifetime. Contrary to beliefs, the emotions are more apt to trigger a delusion rather than help us to react maturely in all situations. If you are in a dangerous situation and allow your emotions to rule your mind then you most likely will meet dangers fate. For example, if you are triggered to fight and your emotions are roaring you will not think of the solutions available to avoid the fight.

Now if you are thinking you know that you can talk a person out of their state of mind affectively, or you could simply walk away. This does not work in all fights, but it works in most. Your emotions will play a role in the fight, since anger is an emotion, but thought is where it is happening to get out of the problem. We can see this when a couple are arguing. We know that if both are yelling and screaming at each other the problem increases. We know that both parties are emotional charged. Now if one person is using their head then they might be able to see the problem and find a solution for

dealing with it. They might even see that the problem is ridiculous and point this out to the other person that may not see. We know down through the years when children fought they often became friends later when they realized that the fight was foolish.

Therefore, emotions played a role, tricking the children into believing that the fight was justifiable. If thought were in motion the children would have talked through the problem and worked out an arrangement between them to solve whatever was bothering them. Anger is a learned behavior that we all must deal with, whether directly or indirectly. When we live in a system that teaches us violence is the answer to problems, then it is more difficult to unleash the angered persons in society to control their behaviors. Now we see that influence plays a role in anger problems. Since leaders tell us that violence is good when you cannot control another person or group of people, then we are dealing with influences. It is impossible to avoid negative influences most times, but we can learn a better way by adhering to facts and the good things in life.

Looking on the positive side, we can see that war has caused many problems to our system and has benefited no one. We can see the negative by viewing the leaders in action. Now if you act out in violence in society you are going to jail. There are consequences for your behavior. Therefore, what rulers get away and teach us, they also teach us that superiority plays a role in control and anger. Learning to think positive is not as difficult as it seems. Repeat and recite that today is going to be a good day for me! When emotions are, flaring anger is out of control.

Emotions Flaring and Anger out of Control

When emotions are, flaring then we are subject to deal with uncontrolled anger. Anger is an emotion that we all deal with. Some of us handle problems assertively while others are aggressive. Anger either makes our life successful or makes our life miserable. If you are an angry person, you might want to get help, since your life is subject to chaos.

Anger management offers great courses to angry people helping them to cope with their emotions. The psychotherapists will help you to get in touch with your emotions by talking through the clutters in your mind. You will enjoy a group of people similar to your self and listen to the many problems these people face every day. When you are socializing and hearing problems others face you might find that your problem is not as big as it seemed. Problems are solvable and anger management can teach you to find resources that help you to deal with your problems. Triggers often interrupt emotions causing anger to surface. Anger management classes are designed and ready to help you to understand your triggers, how to avoid them, and how to deal with them when they erupt.

If you are subject to anger, you can look back at the many problems you faced to see how you dealt with them, and what the consequences of your anger were. If you see that your consequences are succeeding your anger problems then you know that you will need a new course in life. Review the situations individually to see if there was

something, you could have changed during the action. Review the problem to see if something you did added to your burden. After you are done reviewing and see that your anger caused more problems for you then you can learn some techniques that help you to cope with your emotions and reduce your problems.

An effective approach is dealing with diaphragmatic breathing. If you are hyperactive ventilating when you are angry you are only intensify the situation. Therefore, you must learn breathing techniques that help control your breathing. When you feel worried, stressed, and angry it is helpful to slow down a take a few deep breaths before dealing with the problem. You might want to consider your thinking. If you feel that one problem leads to another and there is nothing short of surviving through the issues then you are a negative thinker.

Sure, one problem can lead to another problem. If you prepare your self for by including resources and searching your mind, you might see a way out of the problems as they occur. Let us look at a woman that has a series of problems and see how she manages the problems. The woman has a teenage child and was living in a dangerous environment, which included criminal behaviors. The woman knew she had to remove her child and self from this environment, yet she knows she does not have enough funds to rent another home. Therefore, she is homeless once she leaves the environment. Rather than floundering in her emotions, she takes control and calls a friend asking for help. The friend comes as quickly as possible and provides her child and self a temporarily home. She knows that she has to move from this environment soon, so she reviews her mind and considers all resources available to her. Now, she has pride and a making a little money through her own home business but she calls the Department of Social Services and explains her situation.

The program instructs her to find a home within her means and then contact them as soon as the place is available. She is told that she will be placed on an emergency list for the homeless and now has hope that her problems will reduce. Now, before she left the first environment there was a violent outburst from the first party. Instead of retaliating, she controlled her anger and walked past the woman without speaking a word. Now if she had retaliated she would be in jail since the woman owned the home where she stayed and then she would have a bigger problem than homeless. When emotions are flaring and anger is out of control stay in charge! Evaluating anger can help us take control of our lives.

Living on the Edge of Anger

When we are living on the edge of anger, we are merely wasting time, energy and possibly money. We are also allowing our emotions to control our lives, and hurting our mind and body along the way. In some cases, we might even hurt others because of uncontrolled anger. Some socio-biologist believes that aggressive anger is hereditary and that we all have the ability to loose control of our emotions and anger. Other socio-biologists believe that the aggressive portion of the brain if injured or suffering tumor is

linked to anger. When a man murdered his wife, and then murdered more than 30 other individuals before killing his self. It was found that the man had an outsized growth developed on the limbic system of the brain.

Likewise, when a person has epileptics they often explode in violence on occasions. The majority of violent offenders incarcerated were tested and it was found that most suffered antisocial personality disorders. There are many reasons we become angry and some of us act out violently while others are less prone to violence. It is also said that the hormones and certain chemicals may be linked to anger.

The problem then is learning to deal with anger on different levels, while getting testing on our medical condition and mental health. The testosterone if higher than average has proven to be linked to anger also, as well certain chemicals found in women offenders has linked to anger. In fact, most of the violent criminals have proven to have higher testosterone. We see that anger has a root, but in most instances, fear is the root of the problems. If experts would have taking steps to prevent the first case scenario by running tests on the man's head it might have saved some lives.

We know that most violent offenders will not seek mental health, but they do visit doctors since most have a grandiosity personality type. They often worship themselves more so than the average person, and will often feel as though the world owes them. If these types are visiting a doctor and complaining then someone needs to pay attention to the symptoms and do something about. Anger management is available to everyone, but the downside is anger management will not work in all cases. For example, if an Antisocial personality type visits anger management classes he or she will walk out the door and continue his or her behavior.

Unfortunately, some diagnosis, including antisocial, psychopathic, sociopath, histrionic, and a few others are known to fail in anger management and mental health combined. These types often rarely find a resource that helps them control their anger and often increases their chances by adhering to substances. This is a real life situation where the person is living on the edge of anger and walking on the road to destruction. If you are an average individual and find your self exploding from time to time acting out of anger you might benefit from anger management classes. The classes teach you to learn your behaviors, find a way to minimize the eruptive behaviors and control your anger. They will help you to learn more about your triggers and how to cope with the triggers as they come your way.

You will benefit when you learn how to express your anger without blowing up or feeling threatened by communicating your feelings. If the problem is persistent, you might want to get a check up with your physician or possibly see a mental health expert. Do not expect more of your self than what you can do. If you are attending classes or seeing, a profession does not expect changes overnight. Try taking it slow using the one day at a time method, unless you are overly wrought then you might want to take it one second at a time to start out. If you notice changes in your behaviors within a week or two of your therapy be sure to commend your self for doing a good job. You might even reward your self with something that you have been wanting for some time.

Finally, stop living on the edge of anger and enjoy life. Our needs require us to meet them each day to reduce anger.

The Signs of Anger

What are the signs of anger? Since everyone is different it can be impossible to define, however since anger is the same we can sum it up. Angry persons will assault others, whether it is verbally or physically. An anger person will slap, hit, punch, threaten, shove, or kick others when their anger arises. They are often aggressive, sarcastic, nagging, and will often complain about everything. They are malicious toward others, which includes spreading rumors, retaliating, or defiantly striking out against another.

Persons with anger problems often display anti-social behaviors, including denial and inability to relate to others. Angry persons often act out in hate and will go out of their way to hurt others in the process. They often have negative thinking patterns and these patterns are displayed to others. When a person is angry, they often tell others that you are stupid. Alternatively, you are ugly and no one wants you. This is belittling the other person and the angry person often finds relief. When a person has difficulty dealing with his or her anger they will often vent their lack the ability to trust others. They are often suspicious, whining, judgmental, and often jealous of others. They will act out disruptively, and retort to disobliging reactions.

A person with anger issues will often try to under mind anyone around them. These types of people are no fun to be around and they do need help. Recently I dealt with a woman that had uncontrollable anger issues. For no apparent reason she would react to minor issues. Issues such as a child eating too much or eating something that she envied was enough to instigate a reaction. Sometimes she was mild in her acts, and other times she was outrageous. In most instances, she had no foundation for her behavior; however, there was an underlying source. The woman did in fact display anti-social behaviors, and often communicated erupting thinking patterns. For example, she would say that all men are pigs. She also talked about leading men on; leading them to her basement and having alligators eat them alive. The woman was deranged and very sick minded. Now she was diagnosed with Bipolar - Manic Depression, and Posttraumatic Stress Disorder.

After carefully examining her, I dismissed Posttraumatic Stress or at most minimized the diagnosed since most of her symptoms were that of histrionic, anti-social traits. Now the root of her anger according to her was that the many men she endured relationships with mistreated her. This may have been partial reason, but the truth showed when she talked about her life. She was adopted; therefore, she had a sense of abandonment. The root her is obvious, since she most likely hated her parents for tossing her away like garbage. Even if the parents were justifiable, or rather had a good cause to adopt, she refuses to hear the other side. Since the woman had ongoing symptoms of this type of behavior, I noticed that treatment would probably never work since she was a victim of her own state of mind and in complete denial. I noticed that the woman had anger deep

within due to her own behaviors. She acted out criminally, writing bad checks and justifying it.

Therefore, the symptoms she endured were partially her own making. She created her anger and paranoia, therefore her anger is on her and no one else. However, angry people will understand others. For example, the angry person might say something to the affect: try these diet pills they will help you lose weight. Now the person knows that the target has an area of self-esteem since she is normal weight, but thinks she is fat. Therefore, the angered person is trying to belittle the individual by underminding her. An angry person will also seek attention and often use negative words. For example, I am fat. Now the person is waiting for you to tell her that she is exaggerating.

The best thing to do in these instances is do not sit yourself up for a fall. No matter how many times you tell the person that she is not fat, or she just needs to drop a few pounds you are never going to satisfy her mind, since denial is the root. We all have triggers that trip our emotions and ignite our anger.

The Triggers of Anger

Triggers are what interrupt emotions and causes us to become angry. When we learn our triggers, we are taking a step in the right direction to control our emotions. First, we need to weed through the roots of anger to determine the problem. If you have obsessive anger, outbursts you might want to get a physical to eliminate chemical or physical roots of your anger. Next, you will go to a mental health expert to eliminate mental illnesses that are often the root of anger. After you have done step one and two and the problem does not lie between mental illness and physical then you will need to attend anger management classes.

Obviously, you have no control over your emotions; therefore, you will need to learn techniques that help you to cope better with your fears, frustrations, anxiety, depression and emotions. This will help you to move ahead in life and gain control of your anger. You might want to ask yourself what you are afraid of or what are the triggers of your anger? You might review the thoughts carefully to see if your anger is justifiable. Are you afraid to speak up and protect your rights? Is there something in your past that leads you to worry obsessively and enforce your anger?

Maybe you were a victim of some incident in your past or you witnessed something that disturbed your conscious and you rambled through life without dealing with the stressor. Regardless, you are affected somehow and your emotions are not cooperating with your thoughts. Some of us fret over things that are out of our control. For example, many of us worry about growing old or dying, which is not in our hands to worry about? We all are growing older each day and it is a part of life that is out of our control. Likewise, we are all at risk of dying. It is how you deal with that makes or breaks your success. Accepting that you are growing old is the first step to eliminating worry that leads to anger.

Take the fear and reverse by telling your self that age is a factor of life that we all must face, yet I have some control. If I exercise, eat right, and take care of my skin then I may not look in the mirror when I am sixty and see an extremely wrinkled face and sagging skin. Likewise, if you know that you are dying and cannot do nothing about it, remember the more you take care of your mind and body the longer you will live. Some of us worry about tomorrow and how we will manage to survive the next day.

If you worry about tomorrow, you are missing what today can bring. No one has control of tomorrow and to worry about something that is out of our hands is wasting time and energy. If you have problems with worry, you might want to remember that today is another day and thank the Lord that you are breathing. Worry is a form of selfishness, since you are anticipating a problem that may or may not occur. Some of us fear that we will go insane if our problems continue to escalate. This fear is not justifiable because you cannot predict your mind. Your mind may feel at wits ends, but you have control to handle your emotions if you reach inside your self and face your fears. Now we can review triggers by seeing that unjust and justifiable triggers are linked to emotions, which causes anger.

We might find that we are responsible for our emotions and failed to take charge of them, allowing them to rule our lives. We might even find a source in the past that invoked our emotions and promoted an undeveloped mind. When you find your triggers and review your problems, you are taking charge of your anger and your life will prove fruitful for your efforts. Triggers are objects, words, pictures, sound, taste, smell and when a person is triggered to anger, they often react either positively or negatively to the source. When anger kills, it affects us all.

Igniting Anger

Anger is an emotion, but when a person is ignited with anger and explodes, then you are looking at one of the signs of mental illness. Most persons that endure igniting anger will confuse or misunderstand others when they are speaking. You can merely ask them what they expect of you when they are mad and they will flare up at you. Often this type of person will ignore your pleas to compromise and blow up in a rage avoiding every word you say. They often make a mountain out of a molehill and will go to all lengths to convince you they did nothing wrong. Everyone is wrong, but the person kicking, striking, cursing, belittling, and so forth. No matter what you do, you can never win when if a person is angry.

In other instances, an angry person may allow others to take advantage of them, and in this instance, the angry person is often correct. It depends on the person, but we all handle anger differently. Experts believe that angry persons often close their anger inside allowing it to develop into an explosive state, and this is often due to depression or anxiety that is instigating the anger. Anger is often dealt with on passive/aggressive levels, meaning that a person can vent their anger toward others in appropriate aptitudes, such as fighting a corrupted system through protest. Others may avoid issues as they arise, and drag the issues to the point of out of control. Other angry people take

their hurt out on other people. For example if you were reduced to a lower position by a friend you might wait until you get home and take the emotions out on your family. This is a common form of anger. It is also common to justify a behavior when a person acts out inappropriately.

Stress is another leading cause of anger outbursts. Most times when we are stressed, we feel excessive tension build, irritable, frustrated and so forth. The elements combined are enough to make anyone burst in an uproar. When a person is stressed they will feel angry at the world around them, sad at the way they feel, and nervous as a result of standing on shaky grounds. Most of us endure stress or have different stressors in our life, including family problems, society issues, and financial obligations. We are all pressured everyday by someone in the system. Therefore, stress is one of the leading causes of anger management. It is not uncommon for individuals to snap at their families, avoid responsibilities from time to time, and even have problems going to sleep at night. This is all a part of life and stress.

Persons that grieve over a death, or suffering from a handicap may often find it difficult to manage their anger. There are all sorts of reasons that we all express anger. Some of us will avoid situations to eliminate anger outbursts. For example, a person with Posttraumatic Stress Disorder has symptoms including flashbacks, which makes them a prime candidate to explode. These types of individuals will often stay out of society, or completely away from people, including family, friends and so on to avoid conflict. For PTSD or posttraumatic stress survivors this is often best since most people in society have no responsibility when it comes to other peoples feelings.

Regardless of the situation and why the anger problem exists, it is a mechanism we all have to understand. It is ok to be angry with someone that harms, disrupts our lives, threatens, belittle, or hurts us in any way. It is not ok to beat the person up, or brutally attack the person verbally or mentally, unless that person is promoting a fight. In most instances, we can avoid conflict; however, there are times that we cannot escape. The solution then is learning to address problems in a tactful manner to avoid difficult situations that lead to more problems. When we ignite anger we never know what the results may return, therefore, it is best to let anger go and control the emotions that anger us all. It makes sense to walk with caution through life, since anger can kill. Next, we will look at individuals that are more aggressive by going deeper into the realm of an angry mind.

In the Realm of an Angry Mind

We all have rules we must follow in life. If we are not following those rules then consequences result. We are taught as children to not steal, lie, cheat, or hurt another person, yet some of us believe the rules are only set for certain individuals. At one time in our life we may had taking another direction, or else our emotions are the source that we use often to control our lives. Some of us even hurt others, including intimidating, humiliating, or assaulting the person physically believing we have the right to do so.

When we hurt others, it satisfies our covetous side and the person often disregards the person harmed. The type of person described will offer charm others leading them to believe that they are a role model in society.

Yet, the anger burning within the person will lead him or her to crimes, including robbery, theft, burglary, assaults, and so on. This type of angry person will harm others and never believe that consequences should be issued to him or her. For example, they may steal something from another person and reason that the person did not deserve it, while the perpetrator did. The person may batter his or her spouse and blame it on the victim, rather than taking responsibility for his or her action and behaviors. The anger then is a root of hatred of people rather than a hatred of what people do. This type will often become aggressive whether there is cause or not. Most times the person will act on his or her impulses, which includes risky behaviors. The person will often neglect responsibility and will assault, humiliate, intimidate, and control others around them.

Now the anger is different in this case, since a personality disorders is obvious. There are many techniques available to help those with anger problems, but this type often refuses help and when help is available will often use it to their advantage. Most times these types will meet the criminal justice system, by paying fines, spending time in jail, and so on. This often continues throughout the person's life, since no help has been proven workable for the personality types. Therefore, we are dealing with anger that is buried deeper than any technique can handle. A walk around the block, a ride on a bicycle, writing, dance, art, or none of the prescribed techniques or going to master the anger in the realm of these angry minds.

The only possible solution is waiting until this type kills or commits a felony that will get them life in prison. Once in prison they will function best, since more control is on them. Until scientist come up with a technique that involves controlling and the law permits this, then these angry minds will exist and harm others repeatedly. The angry minds will enjoy harming others, including animals. They have no sympathy or regard for anyone, including a newborn child. They often enjoy dominating everyone around them, and will promise to change their behaviors obsessive when someone starts to care. This is a trap! If a person is telling you this, he or she is lowing you into a web of the mind of anger that will burn out of control until someone controls the mind permanently.

The personality type will often avoid working, but when they do land a job, they often search for careers that put them in total control. Since prejudice plays a role in their lives, they often belittle the different gender, or race. Everyone is responsible for his or her behavior and actions, and they are excused from all behaviors including sexual, rape, murder, theft and so forth. We all can find an answer for controlling our emotions and anger; but in this case, no one has a known answer to date. Some examples of angry minds can be seen in the case studies of Ted Bundy, Charles Manson, Jack the Ripper, John Wayne Gacy, Henry Howard and other named Serial Killers. If you walk in the realm of an angry mind, walk with extreme caution. In conclusion, anger management is no master to the angry minds. Influenced anger plays a large role in these predators' lives.

Influenced Anger

The world is enough in many instances to make us all mad enough to explode. How we all deal with our anger differs in all cases. Some of us repress our emotions and feelings, while others blow up and attack others. If the person behaves this way, he or she has an emotional interruption that leads to aggression. Anger in all aspects of the word is hatred toward a person, past influences and so forth. Often if a person has anger issues then he or she will need to see a therapist specializing in anger management. Most likely, this person has been subjected to neglect, abuse and possibly a candidate for alcohol and drug abuse. If the person has a series of problems and no one is, addressing the issue the symptoms can be harmful to both the patient and others.

Before treatment is effective, the person must be willing to admit he or she has a problem with anger. If this person is in denial most likely therapy will take longer, and in most cases, the patient rarely recovers. Many patients in denial will rarely visit a counselor until he or she becomes acquainted with the law and forced to adhere to treatment. The downside is under all the hate the person has endured an area of life that caused the pain. When we think of the system we are always dealing with failures in the legal system, mishaps in mental health, and interruptions from society, and the list continues. It is difficult to never go through life without being angry at someone or something at some time.

The key is learning to deal with anger and learning how to effectively announce your anger in light, without causing harm. For example, if you were dealing with a racist individual, which is enough to make anyone angry, you would want to throw some honey on the person instead of fueling the fire. Throwing a bit of honey will often make a person back off and address the spark that sent the flames forward. What I learned when dealing with individuals with anger problems is they often have difficulty interrupting others. Therefore if a person makes a statement, or addresses an issue the person with the anger issues may feel that the other party is striking out at them. These types of people often feel like the world is focused on them and that everyone around is out to make them mad. This is often stemmed from lack of education and dialect issues.

There are many nationalities, race, class, ethnics, and so forth, and we all can't understand everyone all the time, but we all can learn to understand everyone some of the time. One example can be seen when a man from Kentucky joined a speech class and sitting across from him was a Yankee. According to the instructor, the two men bickered and fought frequently until he sat them down and told them that dialect was the cause of their misunderstanding. The two men understood at this point and became best friends there after. Now these men applied anger but not to the point that a person with severe anger problems would have. We can see severe anger by looking at Joe who tells Rick that he was not happy with his behaviors last night. Rick instead of saying explains to me what I did.

Instead, Rick breaks out in a rage and strikes out at the man calling him names or even at times attempting to hit him. This anger issues should be addressed. Another incident were aggression is shown is when a woman is committing petty crimes and strikes out at others around her for their refusal to lie on her behalf.

Let us say the woman becomes angry, kicks in the door, and yells like a stark raven manic. We know this woman has anger issues, but what was the root? The root then is her paranoia stemmed from her crimes and hates inside that makes her break out into a rage. The person is obviously in denial of her actions anyone addressing them is wrong according to her way of thinking. Therefore, we see a need for anger management. When we are living on the edge of anger, we are walking on the edge of life.

The Interruptions of Anger

Interruptions is stopping or hindering, by breaking out in actions. Anger is an emotion that interrupts when a person is displeased with someone or something. There are many reasons a person can feel anger. However, when a person has an un-controlling anger problem, then in many cases there is no justifiable cause for the outbursts. One example can be seen when a child becomes aggressive when his brother goes in his room. The angered child might yell, cuss, call the younger child names, and even become violent attacking the child.

The cause of his anger is unjustified to a degree; however, his behaviors appeared to everyone else that his reasoning was condemned. The child that violated his rights is ignored now, since the perpetrator is the angry person involved. If the child would have acted differently, then we could justify his reasoning for anger. Now we are looking at unjustifiable and justifiable combined. However, when a person gets angry and attempts to kill another individual simply because this person refuses to be with the angry person, we know we are dealing with unjustifiable anger. We all get mad at times, and all of us lose control sometimes, but not all of us hurt others when our control is out of our hands. Anytime a person is violent, it is not always a result of anger.

Some angry persons most likely have underlying mental illnesses. This is when we look at unjustifiable anger. To deal with anger when a mental illness is involved we must first dig up some bones. In other words, anger management is not going to work until we find the source that caused the person to explode when angry. We can look at examples of one individual that exploded out of anger, attacking another individual because that person could not hear. We analyze both sides of the story carefully to see what resulted the angry interruption. We can see that the child has mental illnesses, since he has been professional diagnosed. We know that this is an instigator of his behaviors.

Now, the deaf woman was assaulted according to the person that assaulted because she could not hear. The fact is, this woman kept the child in her home for a few months and she was controlling. She would often get angry with him when he wanted to go home. The child obviously was abused mentally by her controlling behaviors. However, it was noted by an individual that child molestation might have been in the picture, which would increase his anger. While this was never proven a series of patterns, fell into place, making it obvious. Therefore, although this child had mental illnesses, coupled with angry outbursts as a problem, he had a root and a justifiable cause.

The proper way for this child to handle the situation is telling a trustworthy adult what was going on in the home. Instead, he struck the woman, claiming it was because she could not hear. The child went to court and was looked down on, and the system only displayed pity for the victim. Not in all cases does this occur, since the victims of violent crimes are often persecuted. Now we can go back through the child's history and see before this incident that he encountered other angry outbursts. Therefore, the act committed is totally on his shoulders. The problem is this child again has dangerous diagnosis that interrupts his ability to function in society. Therefore, to deal with his anger we must find the root of his diagnose and find a solution for dealing with the emotions involved, including all the areas that caused his anger to explode. We can look at another example were a child becomes aggressive and assaulting in school, attacking his teachers regularly.

The child was also diagnosed with mental illnesses, yet at school is where most of his behaviors displayed them selves. At times, his behaviors were justifiable, yet irresponsible, and at other times his behaviors was completely out of control. Since the child hears voices in his head it caused confusion when others would speak to him, and he felt everyone was persecuting him or out to get him. Now we are dealing with unjustifiable cause of anger explosion. The making of rage comes in all forms.

When Anger Kills

When anger kills, it is often when anger is ignored over a long course of time. When a person is angry and has the inability to address his or her anger without erupting then we know we have a problem that needs immediate attention. If a person is dealing with anger issues, he or she will often use alcohol or drugs to relieve the symptoms. This is not true in all cases, but alcohol and drugs only ignite the fire already burning out of control. Anger is rooted from hate, and often the person with problems has difficulty restraining his or her impulses, emotions or desires. The person often acts out on impulse striking at the source that made him or her angry. Not everyone kills when anger is an issue, however in some cases, it has happen and it will happen again.

Some strategies for addressing anger are self-talk. When you feel that you are losing control you might want to ask yourself what is going on inside your mind? You may want to ask yourself if the anger is caused by now, or is it anger that was built inside for years. After you learn self-talk strategies, you will begin analyzing. This means that if you talk yourself through the anger you may see the problem in front of you and find a way to deal with the problem.

Anger is often a direct result of incident. Rather the person that deals with anger may have been neglected, abused, bullied, and so on. The person most likely did not address the issues upfront, rather allowed the negative to build to a point of explosion. Often when we feel angry, we feel as though the world has let us down. Try to remember the world does not revolve around you and the misery that triggers your symptoms is often a result of a decision. For example if you choose a Internet provider and this source

continued making problems, such as redirecting you when you are trying to get a connection several times, this can make anyone mad. However, the company is not focusing on you; rather there is a breakdown in communication at the companies end. A quality service would provide ample service in a reasonable time. They will be informed of what goes on in their company and direct a person to the right links. Sure, you are mad, but remember you are not the problem and no one is out to make your life miserable. This example should allow you to see that bad things befall us all, and how we deal with it is the key to success.

I cannot tell you the number of times I wanted to blow up like dynamite, yet I had to restrain my impulses to prevent problem. That is right! If you allow your anger to control you then you are only adding more problems to your life. Nothing in life is worth running your nerves and possibly landing in jail simply because you lost control. Violence is never an answer to repairing a problem. Sometimes we have to be assertive in life, but aggression is not happening since it only makes matters worse. Anger is a strong feeling that centers on antagonism...or anger, rage, and fury and in most instances, it is due to displeasure.

Anger never addresses the emotional instigator rather it always conveys a hidden message missing intensity and justification. This means when a person is upset sometimes they do not know what is really causing the problem. This means we have to look deep inside ourselves to find the source that instigating the explosion. If a person is upset, it is rarely because of a word, action, place, or person. Rather an integrated hatred has been built through many years. The person is often lacking educational experience and has probably suffered at the hands of underdeveloped. Therefore, we need maturity in the picture, which means someone has to re-teach this individual before anger kills.

Anger is nothing to toy with. When a person loses his or her ability to restrain self-control, never underestimate what anger will do. Ask yourself, why am I angry?

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