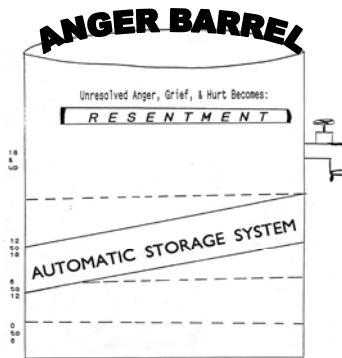


The Two Common Problems With Anger

Anger Education helps people deal with two common problems: **Impaired Awareness** of the presence of anger and **Un-healthy Expression** of anger. We will examine these two problems and notice how these “twin trouble-makers” often work together in such a way that can make each other worse.

Failing to notice your anger can create serious consequences. That’s because, over time, it allows anger from several different upsetting situations to *pile-up*. Everyone



has an invisible storage unit for their anger. We call it the “**Anger Barrel**”. When your anger (energy) reaches a certain level, unpleasant consequences can result. Instead of saying to yourself: “I need to become more aware of my angry feelings and vent them sooner”. You might, out of habit, say to yourself: “I have no reason to be angry, it does no good, to be mad, anger is bad, I’m not really upset” etc. This can set up a cycle of un-noticed “build-up” that leads to the consequence of an “explosion” (that’s the obvious one) or **un-noticed** “build-up” that leads to the consequence of “self-defeating” behaviors. That’s the not so obvious one.

Education, Not Elimination

When a person goes on a diet, not all fat is eliminated. That’s because fat is a necessary part of a healthy person’s diet. Anger, likewise, is a necessary part of every healthy person’s life. Fat is not the problem. Excessive fat is the problem. Anger is not the problem. Excessive anger is the problem. The goal of **Anger Education** is to teach people ways to **use up** their excessive anger *energy* in *healthy* ways.

“Then you will know the truth, and the truth will set you free.”

—John 8:32



More Awareness is Required

Excessive anger however, is not the first problem you must work on. **Becoming aware** of the *build up* of anger sooner is the first goal. Our society confuses anger with violence and has “painted” anger in an extremely negative manner. As a result, it’s very common for people to keep their angry feelings hidden from others. After many years of playing the “hide your anger” game, people can get real good at hiding their anger from *themselves* as well. Therefore, the first anger problem we must tackle is the lack of self-awareness.