

A Definition of Anger

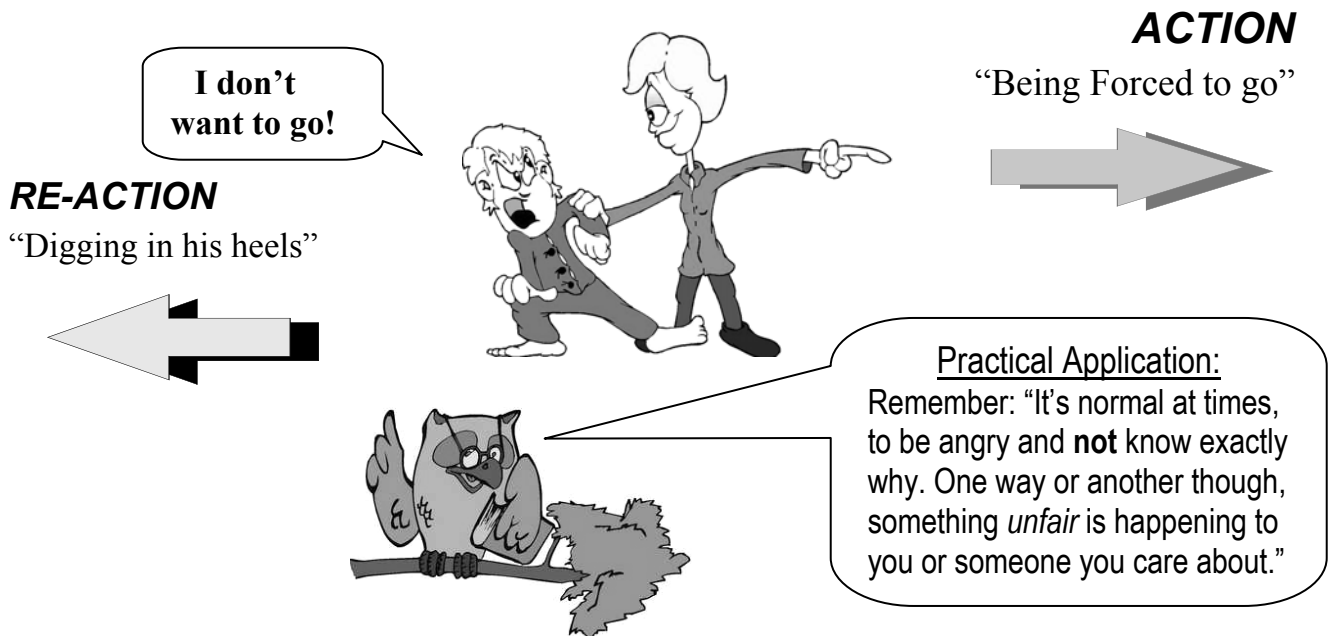
“Anger is the emotional *Response* to perceived injustice”

- Ernie Larsen (Respected Addiction Counselor and Author)

Anger is not an *action*. It's a response or *re-action* to unjust or unfair treatment. Every time a situation occurs where a person *perceives* they have been treated unfairly, **anger will result**. If it seems like a small injustice it will be a small amount of anger. If it's perceived as a large injustice, a large amount of anger will result. This means that anger cannot occur *without* a perception of injustice. People cannot get angry for no reason, even if they want to. A person must **first** feel unfairly treated in order to get angry. A person can sometimes *act* angry when **not really feeling** angry in order to *intimidate* someone. (This happens quite often in business negotiations)

The “Warning Message” of Anger

The emotion of anger comes up as a warning message to let you know when you are being treated unfairly. Look back at the Questionnaire you just completed. See if this concept is true. (Note: you have the ability to put yourself *in the place* of other people and feel an “injustice” *for them*)



Anger provides a person with *energy* that can be used to help *resolve* an unfair or unjust situation. That *energy* can be used in a *healthy* or *un-healthy* way.