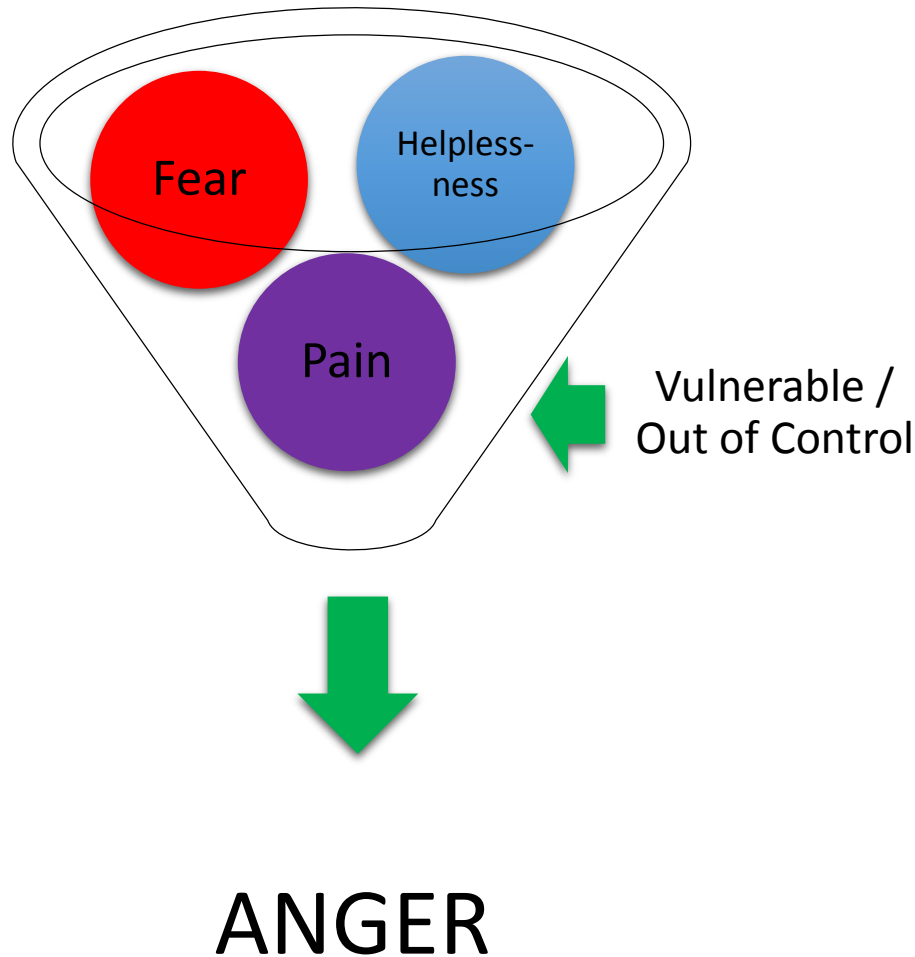


Anger Isn't Really Anger...



Most of us think and feel that anger is a bad thing – a negative emotion. It gets us into trouble and causes a lot of problems.

Anger, however, is not a bad thing or a negative emotion. It is a natural response of all human beings. But, anger isn't really anger. It's not our anger that gets us into trouble, it's how we handle our anger.

Anger is a meta-emotion (an emotion of/about an emotion). It is made of one, two, or all three of these emotions : fear (imagined or real), pain (physical or emotional), and helplessness.

All three of these things, these emotions, leave us feeling very vulnerable. When we feel vulnerable it leads us to feel out of control. When we feel out of control we get angry.

If we keep these things in mind when we get angry we can find better ways of managing and coping.