

Lesson 5 2-3-19 What's Trips your Trigger? – Anger and Fear

Meditation to Be Here Now.

Opening Prayer: Loving Father, free us from anger and fear. May we first seek Your wisdom before engaging in an angry response. When anger arises anoint us in the peace that passeth all understanding and instant forgiveness. Amen

Ephesians: 4:29

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Lurking behind anger, jealousy, worry and depression, we always find fear. Fear of losing control, of being alone or abandoned, fear of losing someone we love, of not being enough or having enough, of having to make in the world on your own, just to name a few.

Making Peace with My Today Will Improve My Future... It may sound odd, but the fastest way to get to a new-and-improved situation is to make peace with your current situation. By making lists of the most positive aspects you can find about your current situation, you then release your resistance to the improvements that are waiting for you. But if you rail against the injustices of your current situation, you hold yourself in Vibrational alignment with what you Do Not want, and you cannot then move in the direction of improvement. It defies Law. *In every particle of the Universe, there is that which is wanted – and the lack of it.* A-H

Anger is a double edged sword. It can be a healthy emotion in releasing if used correctly. Likewise inappropriate anger can be hurtful, destructive, and dangerous. Use its potential by recognizing the source, expressing your feelings and letting go of the results. It is an effective tool of communication if controlled. It can also limit progress if it persists and isn't properly released.

To properly handle anger in self and others takes a degree of analyzing the trigger behind the anger. **There are three major reactions to anger.**

1. Rage. A control technique.
2. Stuff it. The avoider/victim technique.
3. Feel it. The successful 'address and honor' it technique. Takes communication.

The person who rages hides their fears and insecurities and attempts to bully and scare the opposition. They are ultimate controllers and use anger to bluff, scare, get their way, and control others and situations. Not advantageous to anyone.

The victim stuffs their anger and then resorts to manipulation, sulking and withdrawal to right the situation. Many times they become physically sick from holding their true feelings inside.

Feelers are healthy when they acknowledge and admit to the other person their anger by simply saying "it makes me angry when you". They are claiming responsibility for their feelings and letting the other person know how their harsh actions affect them.

Feeling anger allows you to honor yourself. Embrace the anger, seek the REAL issue, give back love and detach from the results. Go forward, forgive and let go.

Look for the true source of your reaction to the anger. A previous negative experience long buried is usually at the core. Acknowledge where you are coming from and accept where they are. Accept that their belief system may not agree with yours. Allow them to be where they are on their path. It is unhealthy to try to fix or change them. It is healthy to express how you feel. If the situation is too hard to accept, you have a choice. Detach. Leave.

A Course in Miracles says "All expressions are expressions of love."

"Strange as it may seem, anger is just a distorted expression of love. It is the nearest a person can come to expressing love at that moment. When someone is able to **see past the anger, and refuses to believe it**, the angry person responds by releasing the anger. When we practice seeing them as really loving us (in spite of how unloving their actions might be), we notice that our world changes to reflect our new perception of it." Arnold Patent. YOU CAN HAVE IT ALL

Walk for Atonement from Resurfacing Techniques for Exploring Consciousness by Harry Palmer

Take a walk in nature.

Objective To relieve upsets and suffering.

Expected Results: Relief from hostilities, upsets, and victimhood. A new life.

Instructions:

1. To begin your exercise you will need to pick a direction and destination.
2. With each step toward your destination, whisper an action you have done or a thought or an intention you have had that was motivated by fear or anger. (Include any act you are reluctant to express or for which you feel guilty, any act for which you have a justifying belief or for which you feel a need to explain. Also include any non-actions when you really should have acted.)
3. At your destination, contemplate spans of time.
4. For each step you take on your return, think of someone and whisper the blessing. "May you be happy and well."
5. 5. Release all thoughts and events to the past, and experience the sights, sounds, and sensations of the present moment with appreciation.

Discuss The Walk for Atonement

James 1:19-20

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, **20** because human anger does not produce the righteousness that God desires.

Closing Prayer: Father/Mother God, Help us to release our erroneous thoughts about ourselves and others, so we may become true disciples of Christ's spreading unconditional love and support to others by Christ's example. Cleanse us of negative thinking and replace it with pure love. May the essence of our being be love. In Christ's name we pray. Amen

10 Types of Anger: What is your anger style?

Article by Marcus Andrews in Anger Management

Anger is a universal emotion. We all feel annoyed, frustrated or outraged from time to time. Yet there's a common misconception about anger, that it usually manifests as shouting or violent behavior. Anger is a lot more complex and nuanced than that.

According to Professor Ephrem Fernandez's psychological research, anger can be categorized according to six bipolar dimensions of expression. These include:

- The direction of anger (internal vs external)
- The anger reaction (retaliatory vs resistant)
- The mode of anger (physical vs verbal)
- Anger impulsivity (controlled vs uncontrolled)
- Objective of anger (restorative vs punitive)

We all have a range of anger types that we resort to when feeling threatened, disrespected or frustrated. The type of anger we use to express our feelings can vary depending on our mood and the circumstances we're in. Anger is neither inherently good nor bad – it's simply an emotion.

Although there's no consensus amongst psychologists as to how many types of anger exist, below are the 10 most common types of anger. We recommend perusing the list to see if you can identify the ways you most commonly react in anger. Clarifying your anger type – and learning simple strategies to manage that type of anger – is the key to controlling your emotions and behavior.

There are ten types of anger.

Type 1: Assertive anger

Assertive anger is the most constructive type of anger expression. If this is your type of anger, you use feelings of frustration or rage as a catalyst for positive change. Rather than avoiding confrontation, internalizing anger, or resorting to verbal insults and physical outbursts, you express your anger in ways that create change in the world around you – without causing distress or destruction.

Management strategy: Assertive anger is a powerful motivator. Use assertive anger to overcome fear, address injustice and achieve your desired outcomes in life. Take ownership of your anger by saying when this and such happens, or when you raise your voice or shout, I feel fear, disrespected, hurt, etc.

Type 2: Behavioral anger

Behavioral anger is expressed physically, and is usually aggressive. If you've experienced this type of anger, you may feel so overwhelmed by your emotions that you lash out at the object of your rage. This might involve physically attacking someone, or breaking or throwing things. This type of anger can be highly unpredictable and often has negative legal and interpersonal consequences.

Management strategy: Philosopher Thomas Paine said “The greatest remedy for anger is delay”, and this is especially valuable advice for behavioral anger management. If you feel your anger rising, take a moment to calm down before you do something you may regret. Remove yourself from the situation if possible, and use a self-talk technique to regain control of your emotions (eg repeat “Take it easy” to yourself until you feel yourself physically calm down, then reconsider what is happening when you're feeling less agitated.)

Type 3: Chronic anger

Chronic anger is an ongoing, generalized resentment of other people, frustration with certain circumstances, and anger towards oneself. It's characterized by habitual irritation: the prolonged nature of this type of anger can have profoundly adverse effects on one's health and wellbeing.

Management strategy: Spend some time reflecting on the underlying causes of your anger. If you can identify the source of your resentment, you may be able to resolve the inner conflict you're experiencing by forgiving yourself and others for past transgressions. The process of forgiveness is powerful, and can help to resolve lingering hurt and frustration.

Type 4: Judgmental anger

Judgmental anger is righteously indignant – this type of anger is usually a reaction to a perceived injustice or someone else's shortcoming. Although judgmental anger assumes a morally superior stance of justified fury, it may alienate potential allies by invalidating their difference of opinion.

Management strategy: Commit to exploring the light and shade in different situations, as circumstances are rarely as simple as they seem on the surface. Other people's perspectives can also give you valuable insight into possible solutions to life's challenges. You might ask of a person, what was your intention for doing _____? Listen to their side. If it is really a bad choice, ask, "Can you see that was a bad choice? What would be a better choice? Put the ball in their court."

Type 5: Overwhelmed anger

Overwhelmed anger is an uncontrolled type of anger. It usually occurs when we feel that a situation or circumstances are beyond our control, resulting in feelings of hopelessness and frustration. This type of anger is common when we've taken on too much responsibility, or unexpected life events have overthrown our usual capacity to cope with stress.

Management strategy: It's crucial to reach out for help if you're experiencing overwhelmed anger. Let family, friends and professional colleagues know that you need some support, whether it's help with babysitting, taking a family member to their medical appointments, or an extension for your school assignment or work project. By alleviating potential sources of stress, you'll regain a sense of emotional and behavioral control again. Delegate and lighten your load.

Type 6: Passive-aggressive anger

Passive-aggressive anger is an avoidant type of anger. If this is your usual mode of anger expression, you likely try to evade all forms of confrontation, and may deny or repress any feelings of frustration or fury you're experiencing. Passive-aggressive anger may be expressed verbally, as sarcasm, pointed silence or veiled mockery, or physically in behavior such as chronic procrastination at work. Sometimes people who express anger passively aren't even aware that their actions are perceived as aggressive – this can have dire personal and professional outcomes.

Management strategy: Learn assertive communication techniques, and explore your fear of confrontation using 'What if?' scenarios. By developing your ability to articulate your frustrations and confidently face a range of fears, you're more likely to get your needs met in both personal and professional relationships.

Type 7: Retaliatory anger

Retaliatory anger is usually an instinctual response to being confronted or attacked by someone else. It's one of the most common types of anger, and is motivated by revenge for a perceived wrong. Retaliatory anger can also be deliberate and purposeful. It often aims to intimidate other people by asserting control over a situation or outcome, yet may only serve to escalate tensions.

Management strategy: Whether your urge for retaliatory anger is impulsive or intentional, it's important to pause and think before you act upon it. Will your angry reaction improve the situation, or only worsen relations? By choosing to diffuse the immediate conflict you can avoid the unwanted long-term consequences of revenge.

Type 8: Self-abusive anger

Self-abusive anger is a shame-based type of anger. If you've been feeling hopeless, unworthy, humiliated or ashamed, you might internalize those feelings and express anger via negative self talk, self-harm, substance use, or eating disordered behavior. Alternatively, you may find yourself lashing out at those around to mask feelings of low self-worth, increasing your sense of alienation.

Management strategy: Learn about [cognitive reframing techniques](#) and use them to challenge and transform any self-defeating, distorted thoughts and feelings you're experiencing. Mindfulness meditation can also help centre you in the present moment and deal with any impulses to engage in self-harming behaviours.

Type 9: Verbal anger

Verbal anger is often seen as less dangerous than behavioral anger, but it can be a form of emotional and psychological abuse that deeply hurts the target of one's anger. Verbal abuse may be expressed as furious shouting, threats, ridicule, sarcasm, intense blaming or criticism. If you've lashed out at someone verbally it's common to feel ashamed, apologetic and regretful afterwards.

Management strategy: Even if the words are on the tip of your tongue, take a breath before you speak. Then another one. As tempting as it may be to blurt out the first angry response that comes to mind when you're upset, the key to effectively managing this type of anger is simply delaying the impulse to lash out. With practice, you can curb any tendency towards verbal abuse and replace it with assertive anger expression (See Type 1).

Type 10: Volatile anger

Volatile anger seems to come out of nowhere: if this is your type of anger, you are very quick to get upset about perceived annoyances, both big and small. Once you've impulsively expressed your anger, you often calm down just as quickly. Unfortunately volatile anger can be incredibly destructive, as those around you may feel they need to walk on eggshells for fear of triggering your rage. If left unchecked, volatile anger may eventually lead to violent outbursts.

Management strategy: Identify the signs and physical symptoms that precede a volatile outburst, and use relaxation techniques (such as deep breathing) to stop your anger from escalating.

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