

Understanding Anger!

July 2022 Newsletter

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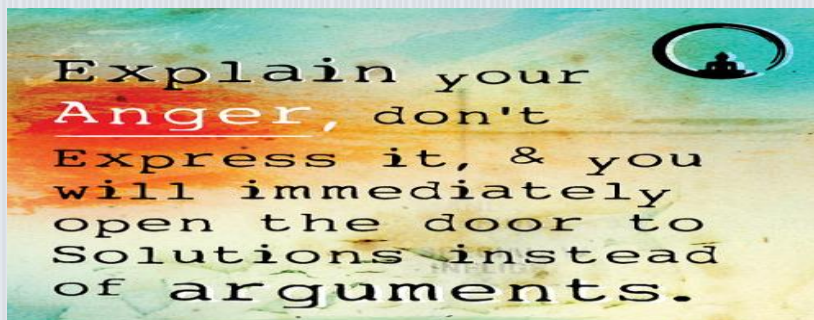
Powerful Emotions

Anger is a powerful social emotion and a natural response to feeling that others have intentionally hurt us or are in some way opposing the realization of our goals.

The target that our anger is directed towards is important to acknowledge. If you feel hurt or harmed by another then you feel justified by your anger and have

Feeling angry can feel powerful but it is a mask for the pain and vulnerability we are really experiencing. It protects us from dealing with our deeper feelings of pain and hurt but it does not address the problem

Should we express our anger, hold it in, or act as if it does not exist? In learning to manage our emotions positively, anger



a sense of strength and control. It is also a warning signal that alerts us that we need to take a moment. Wanting to retaliate and vent our frustration is understandable but it rarely leads to resolution and can often cause a lot of damage and regret.

The social judgement of anger as a negative emotion centers around angry people who commit aggressive acts and get judged on their actions.

needs to be listened to and acted on, it does not need to be acted out.

Next time you feel anger take a moment! Ask yourself, "Am I responding to a real situation?" "What is the best way for me to express my feelings?" "What do I want as an outcome?"

When you feel ready, try to express your feelings confidently and politely and emphasize your boundaries.

Marie Wellness Clinic

This month the theme is all about understanding our anger and listening to its message. Anger is meant to be heeded and acted on - not acted out. It lets us know when our boundaries have been disrespected.

Anger is our loyal friend. It will roar to the surface to warn us that we need to address something that is not right and needs to change. It reminds us to honor our boundaries.

Outbursts of anger are related to our flight or fight mode. We often regret losing our temper so it is important to learn to express our feelings firmly and respectfully.

If you find it difficult to manage your anger, please contact me on 050 1087592.

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