

Anger List

Anger may make it difficult to see situations in the most constructive ways

When you are clear about what's really going, you are more likely to make healthy choices. Anger manifests in various ways. Below is a list of some ways that anger is manifested. Try to be mindful of your behavior and track what you do –when, where and how.

1. **Straightforward Anger**: Fairly easy to see. Often this anger comes right out. Many regret it afterward, saying, "I was so angry, I just couldn't control myself." This anger can be unpredictable and turns without warning at times. It can be verbal, emotional, and physical abuse. When this kind of anger escalates it can lead to fist fights, road rage, accidents during a task (cooking, slamming finger, etc), killing, and all out war (with partners, colleagues or even one's self).
2. **Hypocrisy**: You are angry and you know it, but you hide it beneath a smile and present a false persona, pretending to be someone you're not. You consciously behave in a way that hides who you really are and how you feel. This behavior evolves into hypocrisy and bad faith of all kinds. Although you think you are fooling other truth in you are losing yourself and your own self-respect.
3. **Stealing**: Taking That Which Has Not Been Given This form of anger causes you to see yourself as being deprived; having less than others deserving to have what is theirs. Rather than being in touch with the natural abundance of life and ability to get what you need, you take it away from others. You envy their good fortune and seek to undo it. This form of anger refers to stealing material possessions as well as interfering with relationships others are enjoying that you feel you lack.
4. **Lying and Deception**: Lying and other forms of deception arise from anger and ill will. When this form of anger arises we fool another, harm, trick, or create confusion in their lives. This arises from lack of respect for oneself, for life, and for others. We are living a life based upon bad faith. However, when we fool-others we also fool ourselves. Engaging in this behavior takes our own truth from us as well. Subtly or overtly, others lose their trust in us.
5. **Depression**: Depression is so pervasive these days that it may sometimes be difficult to recognize. There are the severe forms of depression, which disable an individual and are clear-cut. However, depression manifests in many other ways as well, as needing excessive sleep, lack of ability to

concentrate, disturbing thoughts and dreams, difficulty eating, subtly harming self and others, and in many ways. Depression is anger and rage turned against oneself. It comes from not being able to identify or express (appropriately) the anger one is feeling. Although unacknowledged, the anger is there and in depression it turns against and attacks the person who is experiencing it.

6. **Withdrawal**: is often a part of depression. It can arise from the fact that we do not feel “good enough.” We cannot find our place in society or feel that we belong or can make a significant contribution of any kind. We feel shame and inadequacy, and we withdraw. When an individual is withdrawing, isolating themselves, or joining exclusive groups that are based upon hate or rejection of others, this is fueled by anger. The world and society at large are then viewed in a negative manner.
7. **Passive Aggression**: Passive aggression is a form of anger expressed not by what we do but by what we do not do. An individual who is passive-aggressive knows exactly what the other person wants and needs, and simply does not do it. In this manner they upset and often enrage the other, while making it seem as though the other is overly demanding. This is a way of expressing anger without taking responsibility for it and at the same time blaming the other for outcomes of one's own behavior.
8. **Hopelessness**: Hopelessness comes when we feel there is nothing we can do to handle the situation emotions, or life we are living. The basic anger within destroys our innate sense of personal power, will, commitment, and ability to make a difference in the world. Hopelessness and despair can live inside an individual unrecognized. If they are present for too long, they often give rise to physical, mental, and emotional symptoms of all kinds. In order to heal these symptoms, it is often helpful to get back to the despair a person is feeling, and beneath that to the anger that is fueling this sense of importance.
9. **Suicide and Suicidal Thoughts**: Suicide, especially among young people, is more prevalent than ever today. As suicide and suicidal thoughts arise from feelings of hopelessness and despair, these feelings themselves are a direct expression of anger. Suicide is murder turned against oneself. Make no mistake, there is deep rage lying beneath this act and beneath the suicidal thoughts that accost an individual. Oddly enough, suicide often seems the only way to regain power, to get revenge on those who have hurt us, and also to get control over one's life and body. It is a way of pleading for attention that the suicidal person feels he or she cannot get in any other way. Pay close attention

when suicidal ideas arise and persist. Even better than that, stop this process before it starts. Learn how to uncover anger and root it out at its source

10. **Burnout**: Many individuals become exhausted and depleted either by their jobs or by relationships they are in. It becomes more and more difficult to experience enthusiasm, pleasure, and even the will to go on. At that time many feel that a rest, break, or renewal is the best cure for this feeling. Although these can be beneficial, it's important to note that which comes from frustration and insufficient rewards. Often, a person's dreams and goals have not been fulfilled and he or she often, important communications the person has made have not been heard or responded to. It is necessary here to step back a moment and feel the anger underneath, to recognize the sense of being stopped and blocked in what one wants the most. When this is cleared out, appropriate action becomes clear and new forms of enthusiasm arise.

11. **Self-Sabotage**: Self-sabotage is all too common in many forms. When things are going well at work or in relationships, many individuals sabotage themselves and their relationships in all kinds of subtle and unconscious ways. They stop their good from coming their way. They create upset in those around them. They forget to take important actions that are required for their projects. They say things they do not mean. This is all unintended and arises from the deeper feeling that they do not deserve to succeed. They are punishing themselves due to anger turned within.

12. **Low Self-Esteem**: When we see self-sabotage we also see low self-esteem. This is a lack of love caring and respect directed against the self. The low self-esteem is the result of anger. We have pleased not ourselves. Perhaps we could not please important people in our lives when we were younger and still carry the bitter wounds around. Now we continue this negative behavior by thinking—poorly of ourselves. We judge ourselves poorly. We find the worst in ourselves. We dwell upon our errors and imperfections. We quickly become our own worst enemy. Low self-esteem is the root cause of many other manifestations of anger that can become more and more severe.

13. **Compulsions**: Compulsions of all kinds can be thought of as defense mechanisms to bind the anxiety that arises from the anger we feel. When we carry a great deal of anger and it is unacceptable to us, we then need to find ways to avoid it, control it, and express it in hidden and distorted forms. Compulsions then arise. We become compelled to perform certain acts. These acts can unconsciously become expiation for the guilt we feel about our own anger. The compulsions and the rituals that accompany them can also be symbolic expressions of the anger in acceptable ways. For

instance, the compulsion many have to play violent video games is an acceptable way to express the violence and rage they suffer from within.

14. **Obsessions**: Obsessions arise when we have a situation that we cannot resolve. There is something that has not been understood, come to terms with, or completed. We refuse to let the situation go. Often the energy that keeps obsession going is anger or revenge. When we find ourselves thinking about the same situation or person over and over, we see that there has been a wound to the individual and release and forgiveness are needed, cannot forgive the person who has wounded us, the obsession with the injury done us can easily consume our lives.
15. **Addictions**: We often become addicted to various substances as a way of numbing our feelings and blocking out anger. Through addiction we give ourselves what feels like pleasure, security, or safety, though it is temporary. The cling to the addiction, the more of need, and the more intense the feelings, which are rumbling beneath the surface, become as well. We can also become addicted to anger. For some anger is a substance that gives a false sense of power, security, safety, and control. Anger becomes who they are and characterizes their way of walking in the world. However, just as with any addiction, there IS a tremendous price to pay. And these feelings of power and strength are only illusory. When real power, strength, and understanding are needed, anger cannot provide them at all.
16. **Desire for Revenge**: Revenge and revenge fantasies are, unfortunately, very common. When individuals have been hurt or wounded, they believe that the way to heal their wound and restore justice is by harming the other person equally. In this way they descend to the other's level and become gripped by anger and rage. Holding on to thoughts of revenge is holding on to poison. Not only does the anger grow and affect a person's entire system, but even if one is able to exact the revenge they desire, it often is unfulfilling. And then, as a result of dwelling upon hate and anger, it is easy to attract more of that in your life.
17. **Psychosomatic Disorders**: For many individuals anger becomes expressed through bodily symptoms, creating all kinds of aches, pains, and diminution of well-being. The mind-body connection is being increasingly studied, and shows that the accumulation of unacknowledged anger leads to high blood pressure, physical stress, heart disorders, back pain, and many, many other physical symptoms. It is impossible to live in a state of anger and frustration and not have it affect our flesh, blood, and bones. Along with vitamins, good diet, and exercise, flushing anger out of one's system is a must for ongoing health.

18. **Catastrophic Expectations**: Some individuals live their lives in terror and fear. They are always expecting something awful to happen, seeking problems, and dwelling upon danger, and are unable to shake the sense that they are vulnerable to the random chaos of the world. This is the basis of terrorism. Once the seeds of fear are planted inside the human being, once they can be made to expect catastrophe, the entire fabric of their life alters. Some become unable to recognize that most of these feared catastrophes never come to pass. Such fears are thoughts that have taken over our lives. These catastrophic expectations are based upon exaggeration and a sense of helplessness. (This is not to say that healthy awareness of danger is not needed. But when it becomes exaggerated and takes over one's life it is something else). Catastrophic expectations arise from a feeling of powerlessness and from dwelling upon thoughts and images in one's mind rather than being directly in the present moment. These expectations arise from a loss of faith in oneself, from not being in touch with one's natural ability to handle situations as they arise. This is a form of anger turned against the self.
19. **Masochism**: Masochism is a condition of actually taking pleasure in pain that is caused to oneself. The masochist consciously or unconsciously enjoys suffering. Pain and humiliation are associated with pleasure, or victory. Oftentimes masochists have been hurt and humiliated as children. By consciously looking for and enjoying hurtful situations now, they are seeking to take control of what happened in the past. Unconsciously they are saying to their tormentors, "You cannot hurt me any longer, because now I am doing it to myself." Masochists look for relationships, projects, or situations where they can suffer or fail. Sexual masochists take sexual pleasure in being hurt, degraded, and humiliated. Their entire lives become an expression of hatred, punishment, and anger turned toward the self and also others, those who are tormenting them now.
20. **Sadism**: Sadists take active pleasure in hurting others and seeing the pain they cause. This gives them a sense of power, importance, and control. The basis of sadism is weakness and a feeling of inner impotence. The only way sadists can overcome this is by controlling or harming someone else. Sadism expresses itself in many, many ways, including in abusive relationships, where an individual becomes hurtful, dominating, possessive, and overly demanding in many ways. Sadism is a direct expression of anger. It has taken over the individual's life.
21. **Martyrdom**—Causing Guilt The martyr enjoys making others feel guilty, obligated, and wrong. Martyrs often act like saints, seeming to give selflessly. Their entire persona cries out, "I'm so wonderful and faultless and look what you've done to me." You will find the martyr giving and giving

without receiving a proper return or recognition. The return the martyr receives is the pleasure of making another feel less than them and guilty. This is a devious expression of anger and of manipulating and obligating others. Be careful and aware around these individuals. When you are with a person and feel overly obligated to them, less than them, or guilty about them, the other person's behavior is rooted in anger with you, being expressed in this underhanded way.

22. **Being Critical, Judgmental**: Some people are constantly judgmental and critical of others (and often of themselves). They always look for what is wrong or missing in a situation. It is almost impossible for some of these individuals to be pleased, or to find anything good. Some are perfectionists, setting impossible standards for themselves and others to meet. Some parents engage in this behavior with their children, thinking they are being helpful to them. It is not difficult to see, however, that this kind of behavior is an expression of anger, coated in a socially approved fashion, seeming to urge another on to what is best for them. Can someone bring out the best in another person by always looking for what is wrong?

23. **Blaming**: Blame is different from criticism. Critical people are always looking for something wrong. Blame is the active projection of all that is wrong in a relationship or in one's life upon another person. Those who blame cannot or will not take responsibility for anything or see their part in it. They use blame to hide from who they are and from their own failings. Blame is a direct attack upon another person and should be recognized as such. It is also an attack upon the truth. The truth is that if you want to change or heal a situation, instead of blaming someone else, look and see where your own part lay. Look at the choices you have made and where you can now change.

24. **Gossiping**: One of the most common activities of our day, but also one of the most dangerous and lethal. Many gossip for fun, and during this activity discuss negative aspects of a person or things they've done that are questionable. This naturally interferes with the relationship between the person we are talking about and those who hear the gossip. Gossip also spreads, becomes distorted, tears down the person's reputation, and can easily grow into slander. Not only does it harm the one gossiped about, but those who are gossiping are silently sending poison, bathing in anger and hate.

YOUR OWN (suppressed) ANGER

- Write down some ways that anger manifests in your life. Take time with this.
- Notice it throughout the day; each day.
- Don't stifle or censor yourself while doing it.
- It doesn't have to make sense, be logical and you don't have to put yourself down either.

Just writing it down, describing it for what it is, will begin the process of working through some anger. You can't address behaviors if you can't identify them. In the process you may also want to note what is causing the anger

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