

Annexing the Angularities of Angriness: An Angiogenesis

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Abstract:“Anger makes dull men witty, but it keeps them poor.” -Francis Bacon, *Aprophthegms* (1679). Anger can be defined as an uncontrolled feeling of rage, resentment, and even hatred. It often manifests itself in a desire for revenge. In its purest form, anger presents itself with hurt, violence, and hatred that can lead to feuds that can last for centuries. Anger can persist long after the person who committed another grave wrong is dead. Feelings of anger can manifest in a variety of ways, including impatience, hateful misanthropy, revenge, and self-destructive behaviour, such as abuse or suicide.

According to the Catechism of the Catholic Church, the neutral act of anger becomes a sin of anger when it is directed against an innocent person, when it is excessively severe or permanent, or when it desires excessive punishment. People feel angry when they feel that they or someone they care about has been offended when they are sure of the nature and cause of the anger even when they are sure someone else is responsible, and when they have the feeling that they can still influence or deal with the situation. Dante described revenge as a “love of justice, perverted to revenge and malice”. This article is about the display of wrath. Through this, we will find out why one is angry and what dire moments this entails.

Index Terms: Indignation, Rage, Fury, Outrage, Wrath, Irritation, Mood, Wrathfulness

AT THE ORIGIN: INTENSE ANGER

“Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.” -*Ecclesiastes* 7:9.

Anger is the violent and transient affective state which results from the feeling of the material, financial, emotional, relational, and physical damage suffered. This emotion then translated into strong annoyance and is accompanied by brutal biological reactions, verbal and/or non-verbal. It is linked to different stimuli: frustration, injustice, dissatisfaction, threat,

questioning, prejudice, aggression, offence, limit not respected, and risk... It reveals our need for change, respect, reparation, and justice. It is said to be functional when it allows you to show your limits and be heard.

In Catholicism, anger is one of the cardinal sins, yet there is something subtly attractive about it (of course, when it is not directed at us). We love to watch athletes rushing to victory, whose determination is mysteriously intertwined at the moment with anger, and we love to watch politicians who are not always able to keep from cursing. But of course, we are much more heRenukant about anger in our own lives. As part of a series of materials on basic emotions, we continue to understand feelings - this time about what makes us angry.

Anger is an emotion that encompasses everything from mild annoyance to intense rage. Many people think of anger as a negative feeling that gets you emotional and makes you say things that we sometimes don't even mean. Against this background, it may seem that anger is a kind of unnatural distortion of who you really are. But this is not true. Anger is a completely natural emotion that alerts us when something is disturbing the natural order of things that we think things should be. The physical effects of anger are meant to encourage us to take responsibility and restore the balance of right and wrong. For this to happen, we must get angry for the right reason and express our anger properly.

MANY REASONS FOR RAGE

Probably everyone can name a few things that make them angry. An acquaintance who is always late, toys constantly scattered on the floor, a driver on the road who doesn't know how to drive by the rules, call

centre employees who call with stupid offers ... The list is endless, but all these things come down to two aspects: violation of expectations and blocking targets. We expect to be treated fairly and get angry when we are yelled at for no reason. If our goal is to have a quick bite to eat before rushing to the train, a long line at the cafeteria can cause some anger.

Anger triggers are different for everyone and depend on age, gender, background and even culture. In one study the researchers evaluated anger in infants of different nationalities, and it turned out that Chinese infants tended to be calmer in any experimental situation. For example, in one experiment, scientists briefly pressed a cloth against a baby's face, and American babies tended to get nervous and push it away, while Chinese babies put up with the presence of something on their faces without being "angry" about it. But while this study is interesting, it certainly doesn't mean that anger is built into a particular culture. It doesn't even mean that the child necessarily grows up angry: other studies have shown that a one-year-old child with a tendency to tantrum can eventually turn into a completely gentle and calm five-year-old. However, each of these babies will recognize the triggers that are acceptable to their culture and how the culture will deal with them.

Another interesting observation: Anger in women is more often caused by close relationships: they are more likely to feel disappointed in family members and friends or feel that these people expect too much from them, without giving anything in return. A man is more likely to be angered by the behaviour of strangers, objects that don't work properly, and larger social issues that raise concerns about right and wrong. Male anger is a little more abstract, female anger seems to be mixed with emotional pain, and childish anger tends to be about blocking goals and objects (try taking a toy away from a child!)

But on their own, these triggers are not enough to make us angry. In fact, there is a mental component by which we evaluate whether anger is a justified response. Literally, in a second, we find out who is to blame, how dangerous the trigger is, whether the action could have been avoided and whether anger would be useful at all in this situation. We also evaluate the intent of the person behind the trigger based on the information we have. So, we can get angry at a driver who cuts us off and breaks the rules of the road. But if we find out that he did it because he

is trying to get to the hospital in time for the birth of his first child, our fervour will probably subside. The brain determines whether a trigger justifies our anger in less than a minute, but what happens to the body while the brain is busy with this assessment?

PHYSICAL EFFECTS OF ANGER

"Anger is momentary madness, so control your passion or it will control you." -Horace, *Epistles*, I. 2. 62.

Remember the cartoon "Puzzle"? When a character representing anger becomes angry, steam comes out of his ears, and he himself is red from head to toe. In real life, anger has about the same effect on our bodies. The response certainly varies from person to person, but some symptoms are common and include grinding teeth, clenching fists, redness or blanching of the skin, tingling, numbness, sweating, muscle tension, and changes in body temperature.

Anger also has special mimic manifestations - like other basic emotions, anger is easily read on our face: Feelings of anger can differ from person to person: women, for example, are more likely to describe anger as a feeling that builds slowly throughout the body, while men describe it as a raging fire that is generally more active and fast. In any case, the sensations described are very similar to the fight-or-flight response - the body is preparing to fight to survive the evil committed against you. Chemicals such as epinephrine and norepinephrine permeate the body. In the brain at this moment, the amygdala, the part of the brain responsible for emotions, goes crazy. The brain wants to somehow respond to the irritating factor and its "thinking" about it, the time between reading the trigger and the response of the amygdala can be only a quarter of a second. However, at the same time, blood flow to the frontal lobe increases, especially to the part above the left eye, an area that controls reasoning and, probably, in most cases prevents us from simply picking up and throwing a vase across the room at an expensive TV. Usually, these areas balance each other quickly (the neurological response to anger lasts less than two seconds) - this works because the brain has time to calm down.

ARE ANIMALS ANGRY?

“Put away from yourselves every kind of malicious bitterness, anger, wrath, screaming, and abusive speech, as well as everything injurious.” - Apostle Paul, *Ephesians* 4:31

It's easy to imagine that animals get angry just like we do. The bull is “annoyed” by the red rag (in fact, the bulls are colour-blind), and he is ready to smash everything around. You accidentally step on a cat's tail, and it hisses, arches its back and seems ready to attack the offender. Finally, dogs growl and bark at people passing behind the fence. However, anger requires a mental component that many scientists believe animals are not capable of. Anger and fear stimulate similar mechanisms in the body, and the reaction of the animal is most likely associated with fear, the primary emotion. Anger is considered a secondary emotion because, on top of everything else, we use our brains to attribute blame.

If you're constantly being hit by anger triggers, a persistent state of neurological response can begin to wreak havoc on your health. That being said, chronically angry people may not have a mechanism to “shut off.” For example, their body may not produce acetylcholine, a hormone that moderates the more severe effects of adrenaline. As a result, their nervous system is constantly on and on edge, which can eventually lead to overwork, weakening of the heart, and stiffening of the arteries. There is also the possibility of damage to the liver and kidneys, and increased cholesterol levels. Finally, anger can cause associated mental problems such as depression or anxiety. In one study of almost 13,000 subjects, people with the highest levels of anger were twice as likely to have coronary heart disease and three times as likely to have a heart attack compared to those with the lowest levels of anger. Some scientists believe that chronic anger as a contributing factor to early death is maybe even more dangerous than smoking and obesity. In order to reduce some of these effects, it is enough to soften the triggers of anger so that a person stops being angry at every little thing. However, for others, conscious work on expressing anger may be required.

HOW TO EXPRESS ANGER CORRECTLY

“A mild answer turns away rage, but a harsh word stirs up anger.” -Solomon, *Proverbs* 15:1

Anger does not solve the problem that makes you angry, but its physical signals warn that it is time to do something and express anger in the right way. The expression of anger usually takes one of three forms: anger display, anger outlet, and anger control. Anger quite often turns anger inward, since in many societies it is something unacceptable to express it openly. Suppressed anger can escalate into unproductive passive-aggressive behaviour, such as silent resentment (“pouting”) or sarcastic comments. However, while you shouldn't hold back your anger within yourself, attacking everyone who makes you angry is also unlikely to make you feel better in all cases. The ideal expression of anger is the practice of controlling it.

In one of the studies, respondents determined that talking to the offender was the most appropriate way to deal with anger. And this is not about swearing at another person, but about a specific explanation to him why you are angry. Of course, this way of expressing anger can sometimes make it useful - we strive to remove negativity from our lives, which means that constructive expression of anger can make us, for example, fix relationship problems. But although we know that talking is the most productive way to control our anger, this does not mean that we can always and everywhere practice this approach. It is hardly possible to track every careless driver on the road to calmly talk to him ... In cases where this is not possible, it is important to find other healthy ways to get your body out of anger. For example, go in for sports, meditate or watch your favourite series. There can be a lot of ways to relax, and they are individual for each person (the main thing is to find those that will calm you without harming other people).

Chronically angry people expect to be disappointed in the events around them for many years - as a result, these people react more angrily even to small stressful events, but in doing so, they create even more reasons for anger. Unfortunately, the result of this condition is health problems, higher levels of family conflict, and lower levels of social support due to how anger affects others. If you feel like your emotions are taking over, it may be time to start thinking about anger management practices.

FIVE EFFECTIVE WAYS TO RESIST ANGER

Everyone experiences anger, regardless of gender, age or race. A person in a rage often does not control his words and actions. The feeling of anger is familiar to all of us. We encounter it almost daily. At work, in transport, and at home. It is believed that anger is a normal reaction of the body to external stimuli. At the same time, it is generally recognized that this normal reaction can and should be fought. But often we are not the perpetrators, but the victims. No one asks if we are ready to act as lightning rods. Let off steam quickly bounce back. We remain resentful and in a bad mood for a long time. How to deal with it? To find the answer, let's turn to theory.

Psychologists consider anger to be a normal emotion. Anger is the body's reaction to resentment, hurt, pride and mental suffering. The man gets angry and screams, trying to protect himself. According to other experts, anger is not just an emotion, but a form of affect. Such an emotional process is characterized by intensity and short duration. For a few minutes, not only the mental but also the physiological state of a person changes dramatically: muscles contract, blood rushes, and breathing become difficult.

In anger, the body works for wear and tear. And throwing out negative energy gradually calms down. That's why we feel exhausted after a big quarrel with shouting and breaking dishes. At the same time, scientists believe that, like the instinct of self-preservation, the feeling of anger is inherent in all Homo sapiens and is inherited. After all, bursts of aggression are even in children. The form and depth of its expression depending on the characteristics of socialization. If it is customary in the family to speak in raised tones and watch the movie "Saw" at dinner, the child is more likely to become an impulsive person, ignited by any spark. Anger is also generated by devotion to one's own views on what is right and what is wrong. So, a pedantic person is infuriated by inaccuracy, and an introvert - is talkativeness. Irritates everything that does not fit into the value system, and encroaches on it.

HOW TO PROTECT YOURSELF

"Usually, when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change." -Malcolm X, *Malcolm X Speaks* (1965), p. 107. Anger is destructive. He destroys us from within. Those prone

to aggression often have a sick heart, hypertension, migraines, and problems with the skin and the gastrointestinal tract.

Even more dangerous is the so-called incoming anger - negative energy directed at us. How do you feel when a colleague, spouse, or neighbour breaks down on you? Resentment, indignation, and fear are common reactions. But often one outburst of anger gives rise to another, reciprocal. It's hard to stay calm when you're being yelled at.

In order not to become locked in a circle of negative reactions, you need to equally confront not only your own outbursts of anger but also those that come from other people.

HOW TO RESIST SOMEONE ELSE'S ANGER

1. Breathe

Changing your breathing is the main recommendation for self-control. Once in the field of view of an angry person and feeling that his excitement is being transmitted to you, start breathing slowly and deeply. Try to take only 6-10 breaths per minute. Definitely through the nose. Intentional delays allow you to bring your pulse and pressure back to normal, to calm down.

2. Get distracted

From childhood we were taught: not listening to the interlocutor is impolite. No one added that this rule does not apply to angry people. If you start to delve into the message of an angry person, there is a danger of getting involved in a fruitless controversy. In order not to listen, remember some children's songs or rhymes. "Johnny Johnny Yes Pappa ..." - everyone knows these lines, but it is not so easy to reproduce them in the head in a critical situation. And this is good. Remembering the good tunes familiar from childhood, you will involuntarily be distracted from the opponent's angry speeches and let his barbs go past your ears.

3. Be ironic

Bulging eyes, twitching movements, saliva splashes in different directions. A man in a fit of anger looks quite comical. If you manage to distract yourself from his words, you will certainly notice it. And if you imagine him in a cap and with a stick, you get a frankly funny picture. But do not mock a person who is in extreme emotional arousal. It is better to remember that an

angry fist does not hit a smiling face. Smile better. And, perhaps, the rage will be replaced by mercy.

4. Pull back

If possible, do not fall under the hot hand. Go to another room, take a walk, do something. Let the person let off steam. But if there is really no chance to eliminate yourself, then do it in your head. Imagine that there is a brick wall between you and the person shouting at you. Write down the details: white or red brick, is the masonry even, are the seams neat? This will help build psychological protection.

5. Farewell

Perhaps this is the main recommendation. In anger, a person is not aware of what he is doing (remember: this is a form of effect). And when the rage has passed, he feels guilty. Sometimes he doesn't even know how to look at you. Be the first to speak. Make it clear that you don't hold grudges. So it will be easier for the broken-hearted to sincerely repent and resume a constructive dialogue. Follow these simple tips and remember the ancient Indian wisdom: whoever does not respond with anger to anger saves both himself and the angry one.

10 COMMON PHRASES THAT INDICATE HIDDEN AGGRESSION

“Never anger made good guard for itself.” -William Shakespeare, *Antony and Cleopatra* (1600s), Act IV, scene 1, line 9.

People have poor control over negative emotions. Anger is looking for a way out. And finds. The person seems to have said a simple phrase in a calm tone, and you are angry. Familiar? This is your reaction to covert aggression.

The essence of such behaviour of the opponent is to suppress anger. Irritation is still there but in a socially acceptable form. This is a conflict, albeit a hidden one. At the same time, the interlocutor cannot answer on the merits and feels stupid.

1. “I’m not angry”

Instead of honestly admitting their feelings and explaining them, the person will claim that they are not angry at all. Although everything is bubbling inside, this will be expressed in relation.

2. “As you say”

Pouting and avoiding a straight answer is a classic. The interlocutor does not explain what he does not like, and does not give arguments. He shuts up and pretends to agree. Thus the door to dialogue is closed.

3. “Yes, I’m already going!”

Try, for example, calling your child to clean the room, do their homework, or wash the dishes. How many times will it need to be called out? And in what tone will he say this “I’m going” for the tenth time? However, not only children do this, but also adults if they do not want to do something.

4. “I didn’t know”

This is a procrastinator’s favourite phrase. If you ask him if he completed the task, the excuse will be standard: “I didn’t know what to do now.” It becomes clear: the person does not like the request. But he does not talk about it and prefers to postpone. And it definitely pisses him off.

5. “You want everything to be perfect”

When the constant procrastination no longer works, the person finds another option - to blame the one who gave the task. The student did not have time to do homework - the teacher is to blame, who asked too much. The employee has exceeded the limit of the project’s funds - the employer is to blame, who demands great results for such money.

6. “I thought you knew”

With the help of this phrase, a person expresses hidden aggression, relieving himself of responsibility. Usually, petty dirty tricks or intriguers do this. Do not show the letter, do not say about the call - everything from this series. There was a conflict, but it turns out that you should have known about that annoying little thing that caused it. How did you not know? And I thought you know...

7. “Sure, I’d love to help, but”

Meet the motto of service personnel, telephone operators and civil servants. They can smile at you all they want. The more you insist on urgency, the further the issue will be pushed back. Up to the point that your papers may end up in the wastebasket marked “Refuse”. Surely those people who at least once

applied for a visa or at the passport office will understand what it is about.

8. “You did such a good job for someone of your level.”

Such phrases can be classified as dubious compliments. It’s like saying something to a fat lady: “Don’t worry, you’ll get married soon. Some men like chubby ones.” Usually, such sayings relate to age, education and weight. They are spoken by those who want to offend or do not think about your feelings . . . And bribes are smooth from them, this is actually a compliment!

9. “I was only joking”

Sarcasm is another way to covertly express your aggression. You can say something nasty, and then immediately back down: “Well, I was just joking!” Any harsh response is easy to turn against again, they say, the interlocutor simply does not have a sense of humour. What, you don’t understand jokes?

10. “Why are you so upset?”

After a ridiculous joke, your opponent may ask with feigned bewilderment why you are so upset. In this way, he gets implicit pleasure from the fact that again unbalances you. If you feel that they are trying to annoy you with such phrases, do not react to them, this is a provocation. No need to feed the trolls.

HOW TO PACIFY ANGER AND WHY IT IS IMPORTANT TO DO IT

“Deaf rage that hears no leader.” -Friedrich Schiller, *Wallenstein’s Tod*, III. 20. 16.

Anger and anger are extremely unpleasant emotions that often interfere with life and destroy relationships. It doesn’t take much effort to get rid of them. One has only to try to look at the situation from a different angle, to understand and forgive the person who offended you. Then you can calm down and stop torturing yourself.

WHERE DOES ANGER COME FROM

To overcome anger, you first need to understand what this feeling is and where it comes from. We can say that feelings depend on the system of motivation, they show how well the needs are met. When needs are not

met, you feel bad. And the stronger the need, the worse it will be for you.

When plans are ruined due to circumstances, you experience irritation that turns into despondency. You can’t change anything and feel bad about it. But if a person interfered with the implementation of your plans, then you feel anger towards him, since he is the reason for the dissatisfaction with your needs. In the distant past, the increased activity and aggressive behaviour associated with anger were beneficial. If you have to resolve a conflict by force, with a fight and screaming, then this can come in handy in our time. But in the civilized world, problems are rarely solved with the use of physical force, so feeling angry is often useless.

You will most likely try to forget the situation in which you experienced anger, and try to get it out of your head so as not to experience negative emotions again. But when you let go of control, the memory will come back and torment you again. Understand the situation. What did this person do wrong to you? Is it as important now as it was then? If not, try to forgive him. But if your anger was completely justified, and his act turned out to be unforgivable and mean, then you will need a different strategy.

WHY UNDERSTANDING AND FORGIVING IS THE ONLY OPTION

Forgiveness is a universal way to resolve a situation. First of all, it is important for the one who forgives, because it frees him from the negativity that corrodes from the inside.

When you get angry at someone for a long period, it’s because you remember the hurtful situation in detail and keep replaying it in your head. A detailed memory is perceived as a repetition of the event, and a feeling of anger arises again. So if someone tells you: “I have forgiven, but I have not forgotten,” do not believe him. Forgiveness helps to forget the details of the event, therefore, the person stops reliving it again and again. Forgiving and forgetting to go hand in hand. The fact that you have forgiven a person does not mean that your relationship has become the same. Maybe you will be disappointed in him and will not trust him anymore, but at least you will stop being angry.

CREATE DISTANCE

What about a situation where you just can't forgive someone? Does this mean that you will remember the details of a quarrel or an ugly act all your life and fan the fire of hatred inside? Not at all necessary.

The depth and strength of an emotional reaction to a particular person depend on how closely you take everything. When you get angry, you constantly replay in your head the incident when you were offended. This is such a kind of mental chewing gum.

Try to move away from this situation. When it reappears in your head, imagine that it happened to one of your friends and not to you. As a result, you will be able to look at the circumstances more abstractly. You will move away from disturbing details, which will help you calm down and defeat the conflict in your head.

TAKE A LOOK FROM A DIFFERENT POINT OF VIEW

"Anyone can become angry, that is easy...but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way...this is not easy." -Aristotle, *Nicomachean Ethics*
Anger makes us think narrowly. When you are very angry with someone, you miss the opportunities that this situation opens up for you.

There is a good phrase: "If life gives you a lemon, make lemonade out of it." You may not change your mind about the person, but you can look at the situation from a different angle and learn a useful lesson.

You can also try to understand the person you are angry with. When we commit an ugly act, we justify our behaviour by the circumstances. If someone else is wrong, then we explain this by the fact that he has such a character. For example, we consider a thief to be dishonest, evil and treacherous by default and do not consider the circumstances that led him to steal: lack of money, lack of proper education, difficult childhood, and so on.

By putting yourself in the place of the person you are angry with, you can see several circumstances that led him to such an act. You may still not agree that he did the right thing and that it was the only option, but at least you will stop considering him pure evil. It will be easier for you to forgive and forget this situation.

Getting rid of intense anger is a difficult task, but you need to do it. Under the influence of strong negative emotions, we rarely make good decisions, especially at work. Anger can harm not only others but also ourselves.

Therefore, as soon as you calm down a little and notice the emotions bubbling inside, try to get rid of them as soon as possible.

STEPS TO HELP YOU FORGIVE A GRUDGE

It is difficult to find an adult who has never experienced pain or betrayal. Resentment is a normal reaction to injustice. But if you don't get rid of it, then negative emotions will pop up in your memory over and over again. It is not worth forgetting the offence, but it is worth changing its perception. Then it will become easier to forgive insults. By choosing forgiveness, we free ourselves from suffering, which over and over again resurrects unpleasant moments in our memory.

1. NAME THE OFFENDERS

- a) Make a list of the people who hurt you enough to demand forgiveness.
- b) Rate on a ten-point scale the pain they caused you, where one is a minor pain, but still enough to pop up in your memory and cause negative emotions; ten - actions are so detrimental that it is hard for you to even think about them.
- c) Start with the person with the lowest score.

2. ANALYZE RESENTMENT

Choose a specific act that this person offended you with. Analyze how this action affects your life. Ask yourself questions:

- What psychological harm did it cause?
- What physical harm did it cause?
- Have I trusted people less?
- Am I disappointed in people?

Recognize that what happened was not normal. Allow yourself to feel the negativity that comes with the analysis.

3. MAKE A DECISION

When you're ready, make the decision to forgive. This decision will include active action on your part - an act of mercy towards the person who hurt you. By forgiving, we consciously reduce the feeling of resentment, replacing it with kindness, respect,

generosity, or even love. It is important that forgiveness does not include justifying the wrongdoer's actions. Do not forget about justice and turn a blind eye to its violation. Another important point. Forgiveness does not mean reconciliation. Reconciliation is a negotiation strategy by which both parties (the perpetrator and the victim) come to mutual trust. You may not be reconciled with a person, but still, forgive him.

4. PUT YOURSELF IN THE PLACE OF THE OFFENDER

Try to answer the following questions about your abuser:

- What was his life like when he was growing up?
- What difficulties were in his life at the moment when he offended you?
- What did he suffer so much that he hurt you?

The answers to these questions are not intended to be an excuse for the abuser. Just realize that the offender is just as vulnerable.

Understanding why people act destructively also helps to find better ways to prevent similar acts in the future.

5. WATCH CLOSELY

Be attentive to your feelings. Do not miss the moment when you feel at least the slightest sympathy for your offender. Perhaps this person was confused, mistaken, or deceived. It is possible that he deeply regrets what he did. Thinking about the offender, notice how your emotions for him change.

6. DON'T DUMP YOUR PAIN ON OTHERS.

When we are emotionally hurt, we tend to take our pain out on others. Try to consciously endure the pain you feel. Don't try to dump it on someone else. For example, to an offender or an innocent person who will be with you in difficult times. Pay attention to this important point so as not to pass the negative on to another.

7. GIFT THE ABUSER

Come up with something that you could give the offender. Forgiveness is an act of mercy: you show kindness to someone who has not been kind to you. It can be a smile, a callback or a letter, a kind word about the offender in a conversation with others, or a like on social networks. But always remember your safety. If an act of kindness could put you in a vulnerable

position again, find another way to express positive feelings. For example, you can write in your diary or participate in a meditation practice of forgiveness.

8. TURN RESENTMENT INTO A POSITIVE EXPERIENCE

Try to find meaning and purpose in what you have experienced. Many become more sensitive and attentive to others, having experienced their own resentment, and understand why it is necessary to help others - those who suffer. By correctly perceiving injustice towards yourself, you can become a person who will prevent injustice in the future and make the world a kinder place. Next time, go back to the list and forgive the other lowest-rated offender. Rise until you forgive the most serious offender - the one from whom you suffered the most. This is how you become a generous person.

Anger management: how to turn anger to your advantage

There are only four true reasons for being angry at other people. We all have moments when we get angry at other people. And there seems to be a reason for anger. Someone pushed you and didn't apologize. Someone was late for an important meeting, forcing them to shift plans. Someone climbs with their tenderness and stupid SMS when there is a blockage at work! You give vent to objective, at first glance, indignation, chastise the "offender" - and as a result, you get a conflict, a spoiled mood, strained relationships with others and other delights of splashed anger. At such moments, many are comforted by the thought: "He first began, I only answered." But it's not. Rarely is anger just anger. Much more often, we are angry with other people through no fault of theirs - the reasons for rage are hidden in ourselves. Anger is a typical secondary feeling that occurs only as a response to other, deeper emotions that we experience in connection with the situation. These emotions, which become the trigger for rage, in most cases are based on one of four reasons.

1. Someone by word or deed intentionally or accidentally hurt your pride, humiliated you, and demonstrated your insignificance. This is one of the most common causes of anger. Vanity is the pain point of all mankind.
2. Someone offers you attention, closeness, and care that you are not ready to accept now. The

resulting irritation is self-protection, it works almost automatically.

3. Someone commits actions that are categorically contrary to your values and ideals.
4. Someone by their actions violates your plans and complicates the achievement of goals.

If you identify which of these reasons caused the anger, the anger will be easier to deal with. Let's take a closer look at these four groups.

1. Anger management when self-esteem is hurt
Anger that arises in response to criticism or humiliation is called narcissism by psychologists. The majority of people react to it predictably: people turn into children who push the offender away and shout to him: "He's like that!" The more restrained and rational have another desire - to try to explain themselves, to point out to the counterpart that he was mistaken in his criticism, to get him to change his mind.

Unfortunately, these tactics often do not work. If you flare up, the case will escalate into a conflict in which your offender is unlikely to recognize your innocence. If you start to explain yourself, you will most likely be considered a bore and are unlikely to be listened to.

What does it look like in real life

Imagine a husband and father (well, let's say, Kumar), who returns home after a day's work, sees the wallpaper painted by children, his tired wife Renuka, and, in addition, finds a mountain of dirty dishes in the kitchen. "You've been sitting at home all day, couldn't you have at least washed the dishes?!" he flashes.

Renuka predictably boils in response. She wants to shout: "No! Try to "sit at home" yourself, I'll see how you cope with two children, run shopping with them, feed everyone, read a book with them, hang laundry!" Renuka is ready in the heat of the moment to list to Kumar all the homework that she does, but he does not notice.

And, at first glance, Renuka is right. But if she gives vent to her indignation, this will only aggravate the conflict.

What to do

Understand that anger in this case is a secondary feeling. Most likely, Renuka's indignation hides not anger at her husband at all, but two other feelings.

1. Sadness

Sadness due to the fact that a loved one sees Renuka not the way she would like to look in his eyes. Not a wife who puts a lot of effort into creating a "reliable rear" for her husband, to be a good mother for common children, but a lazy and slovenly one.

If so, then the best way out is to voice your real emotion. Tell Kumar: "I'm very upset that you scold me." Most likely, he will answer: "And what do you think I'm wrong about?!" And only now the moment comes when Renuka makes sense to indulge in explanations because Kumar expressed his readiness to listen to her.

2. Fear

This feeling is also often hidden behind narcissistic anger. Renuka is worried: if Kumar really considers her a slut, what if he doesn't want to live with her anymore? What if he starts looking for another woman?

If Renuka is really afraid of parting, she again needs to voice her feelings. For example, ask: "You say so ... Does this mean you love me less?" Kumar can respond to this: "I love you, but I'm so tired after work. I just want to come to a clean house where they greet me with dinner. From the aggressor in the eyes of Renuka, Kumar will turn into who he is - into a tired man who nevertheless loves her and the children. Fear will dissipate, and anger will go with it. And the problem of life can be solved without raising their voices at each other.

2. Anger management when we are defensive

This is also a common situation: there are times when we need to be alone. This happens when internal resources are depleted, and a person needs a break to gather strength again. Offers of care or help at such moments are not always welcome. Unconsciously defending ourselves from the "invasion", we push away loved ones.

What does it look like in real life

For the past three months, Sandhiya has been desperately working hard at work, counting on a promotion. But for some reasons, the authorities made a choice in favour of another employee. Sandhiya returns home. She feels exhausted and devastated, not quite understanding what to do next.

Sandhiya's husband, Manoj, also comes home. He smiles, and brings food into the kitchen, but Sandhiya has neither the desire nor the strength to communicate with him. She silently begins to prepare dinner.

At this moment, Manoj tries to playfully hug her and Sandhiya feels irritation flare up in her. She abruptly shakes off his hand and wants to say, "Don't touch me! Go ahead and peel your potatoes!"

Most likely, these words of Manoj will offend with all the ensuing consequences for family relations. In the morning, Sandhiya will wake up with the dreary thought that she is neither appreciated at work nor understood at home.

What to do

Again, understand that the anger that Sandhiya feels in response to touch is secondary. Her irritation is not caused by Manoj: it is connected with a completely normal desire to be alone for a while.

And it would be wiser to say it out loud. For example, like this: "I don't feel like talking right now, let me be alone." Or in other words: "Sorry, you have nothing to do with it. I need to think a little, okay? When he lets go, I'll tell you about it."

Yes, in such cases it can be difficult to pull yourself together and formulate your feelings in such a way as not to offend a loved one. If you notice that you can't cope with anger and push away those close to you, whose help you still need, it's worth discussing this situation with a psychotherapist.

3. Managing Anger When Someone Denies Our Values

We are all different, and it is not surprising that our habits, behaviour, and ideas about "right" and "wrong" are different for us. Sometimes the differences are so great that they cause anger.

What does it look like in real life

Reena loves her job but does not like her colleague Roshini, who catches her in the corridor and begins to talk for a long, long time about what Reena is not at all interested in: about the dacha, seedlings, grandson Kesha and chickenpox.

Sometimes Reena is ready to flare up: "Roshini, why are you pestering me? I also have a lot of problems, I don't dump them on you! I value your personal space, so you will learn to value mine!"

But this is a destructive option: it will at least spoil the relationship. And as a maximum, Roshini will remember that she is the chief accountant here, and this will not end with anything good for Reena, who occupies a position below.

What to do

Realize: the whole fault of Roshini lies in the fact that she behaves in a way that Reena would never have behaved. And there are two options here.

First, you can try to persuade the "offender" to change the behaviour so that it no longer contradicts Reena's life principles. This can be done by referring, for example, to the abundance of work. "Sorry, Roshini, I'm very, very busy right now, the report is burning!" and repeat this mantra at every meeting.

Secondly, you can think about your own principles and perhaps reconsider some of them. That's why Reena tries not to tell anyone about her problems. Maybe she's afraid to strain those around them? Or considers them small and of no interest to anyone? But this is a manifestation of complexes! It may well be that colleagues if Reena learns to share her experiences with them, will be able to give good advice. Allowing others and yourself to talk about what "hurts" is a good solution.

True, when it comes to values and ideas, you will have to apply a different approach. If let's say, you care about the environment, then you will probably get angry when you see how someone pollutes it. And in this case, your indignation will be justified. Standing up for your values will make you feel much better. Well, to feel more confident, it makes sense to join an organization in which the value system is similar to yours.

4. Managing Anger When Someone Disrupts Our Plans

In these situations, we don't get what we want, nor do they fit into any of the other three categories. Here are some examples.

1. It seems to you that someone is preventing you from reaching your goal (putting sticks on your wheels).
2. You are not getting what you want (feeling disappointed).
3. Others violate your boundaries: touch your things or dance with your partner, hugging him too closely. The latter provokes anger, similar to the

anger of animals when a stranger invades their territory.

What does it look like in real life

Let's say your neighbour parked right in front of your garage. You can leave, but you will have to spend more time and effort on it than usual, and you are already late! The first desire is to kick the offender's car on the wheel, and when he gets out, tell him everything that you think about him.

Throwing out anger in this case seems like a good solution. But, unfortunately, it will not lead to anything good. Most likely, you will hear from a neighbour something like: "I left the car for two minutes, and you threw a tantrum here!" or "Who gave you the right to talk to me in that tone?!" As a result, you will have more per ill-wisher.

What to do

If you understand that anger is associated with the fact that someone violates your plans, try to express emotions not in the form of reproach, but in the form of a wish. You can say to a neighbour, for example, the following: "If it's not difficult for you, please drive the car literally a couple of metres to the left. Then it will be easier for me to leave."

Most likely, such a polite request will be fulfilled and will not turn into a smouldering conflict. Instead of an opponent, you will get a person who has already cooperated with you once - and with a high probability will cooperate further.

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