

Volume 4, Day 14: "Be Angry and Sin Not..." - Part 4 of 10

Anger arises in the soul, when and only when, some other emotion has been hurt. Anger management is what the scripture calls for. However, you cannot manage anything which eludes your understanding. ...

Many psychologists believe that anger is NOT a feeling. Rather it is a strong (maybe even violent) expression of 'hurt' feelings. I personally believe that Anger Management is a valid pursuit, only because anger is NOT an emotion, but rather an exacerbated expression in reaction to fear or pain. To that end I have been able to help many overcome anger (that is 'sin' which follows outbursts of anger). You cannot manage feelings. They are as natural and unstoppable as breathing. But you can change feelings. And this is why.

Relationship is a 'feeling' business. Rationale is an 'efficiency or expediency' business. There is a progression in humanity regarding all expressions between beings. The progression follows this pattern. Feelings follow beliefs. Thoughts follow feelings. Actions follow thoughts. Therefore, every expression of human beings begins with what they believe. And beliefs can be changed by choice. And choices are affected by new understandings.

Children may be afraid of 'boogey men' or 'ghosts' and so forth. But once they understand that there is no such thing, the associated fear goes away, forever! So consider the possibility that your over reaction in anger might very well be triggered by a wrong belief. Consider also that much of what you believe is relative truth because you learned it from your relatives and their circle of influence. Children are great recorders of events, but often lousy interpreters of these events. For example, my Sister and I have the same parents who treated us alike. She thought they were abusive (until a few years before she died) while I thought they were terrific parents!