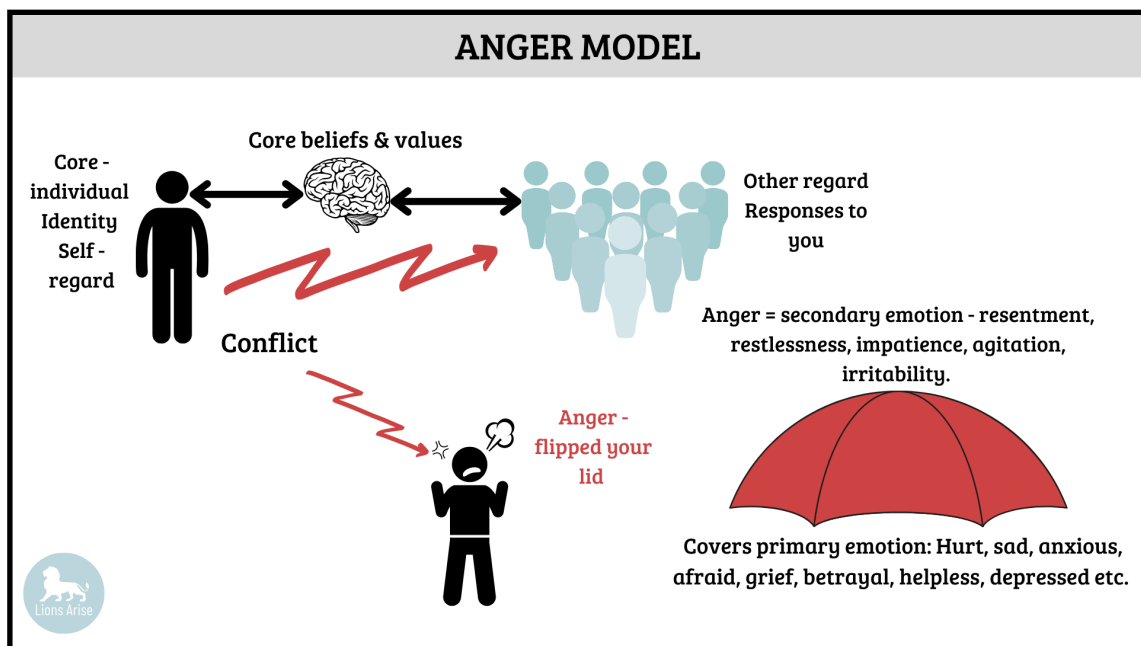




## **Anger Model**

Due to our early experiences, we often develop our own anger model. We need to understand how this works as, along the healing journey, we often run into this. Each person will have their own unique template as to what triggers them. Our anger model is linked to our core beliefs, values, self-regard, and other regard. Anger will also affect our bodies if we carry it around for too long. We need to understand that anger is only a secondary emotion that covers other primary emotions. If we cannot put a name to what we are feeling, we often respond in anger instead of understanding that we may be sad, lonely, feel alone, unfulfilled and so on. Part of emotional regulation is being able to identify what we are feeling so we respond appropriately.

Let us use an example to break it down into a transaction:



If it is important to you to be fair in the way you deal with others, you will regard yourself in a good way as long as you act fairly and feel guilt and shame when you do not.

If you use guilt and shame as a motivation to be true to your core value, i.e. to behave fairly, your self-regard will instantly improve, and you will act with conviction and not need anger for defense.

However, if you blame your unfair behaviour on someone else, you become angry or resentful and powerless to restore your genuine self-regard. So, while you are angry, restoring self-regard on your own is nearly impossible because now it requires someone to submit to what you want. So, the only thing you can really hope for while in a state of anger or resentment is that you will have a temporary sense of self-righteousness.

If we are out of touch with our deepest values, we are more likely to act on our ego, which entails how we expect others to regard us. Again, your self-regard will depend not on what you do but on the regard of others - who are most probably preoccupied with their own self-regard. So we, at times, give this too much importance in our lives and allow our emotions to be affected by it.

This means that you will become more vulnerable because others control it. Ego will require that we manipulate the impressions of others to preserve our self-regard, and it will take a lot of anger and resentment to defend. So often, preserving your ego will lead to violating your deepest values.

The emotions that are covered by anger can come in many forms, such as resentment, restlessness, impatience, agitation, irritability, or sarcasm, which will motivate us contrary to our best interests. We self-sabotage. However, these emotions can be used to gauge our state of core value, which is too low, and that it needs to be filled up, which means we need to come back into alignment with our deepest values.

If you are angry about the unfairness of someone else, you must be sure that you are being fair, or you will respond to that person in the same way you might perceive them. In your core value, you act with conviction to achieve fairness, which will likely be in your best interest. In our anger, we often devalue others in our heads at least, which is not in our best interest relationally.

So dealing with anger is actually more than just managing your emotions or getting anger management therapy; it is a choice of what kind of person you want to be - angry and resentful, someone who struggles to manage their emotions, or one who lives secure in their core value.

And remember, our core values can be challenged as our negative experiences may impact them.

To understand what gets us frustrated and upset, it is important to know what our values are and what we believe at our core. This will help us more easily identify what we need to deal with in terms of emotions, how we interact with others and understand our world and place in it.

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