

Title:

The Fear of Expressing Anger

Word Count:

696

Summary:

There is much to learn from anger, yet many people are afraid of this feeling because they don't

Keywords:

expressing anger, getting angry

Article Body:

There is much to learn from anger, yet many people are afraid of this feeling because they don't

Often, when I describe this process in a workshop, some people get anxious and want to leave.

Neither dumping anger on others nor repressing it and taking it out on oneself is healthy. Anger

Anger is an important emotion. It is here to tell us something, to teach us how we are thinking

It's important to differentiate between blaming anger and justified anger, which is really out

Blaming anger comes from feeling like a victim and gets us off the hook from having to take pe

The anger process is a way of expressing anger that leads to learning and growth. When people

The Anger Process is a three-step process:

Fully express anger toward a person you are presently angry with (not in their presence!). You

Ask yourself who this person reminds you of in the past ~ parent, teacher, sibling, friend - a

Finally - and this is the most important part - allow the angry child within to express his or

Step Three is the most important part, because it brings the issue home to personal responsibi

Once you understand that you can express your anger with an intention to learn, your fear of y

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>