

Title:

The Hideous Poison of Anger

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435

Summary:

When asked what gets in the way of communication most often, anger comes up. Moreover, the ang

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Article Body:

When asked what gets in the way of communication most often, anger comes up. Moreover, the ang

Judgment and ridicule can set in. Your breathing starts to change and becomes shallow and sig

Your brain then starts searching for other reasons to be angry to justify how it feels.

By looking for reasons that can make other people bad or wrong, the mind believes it offsets o

It then sets up vibrations of energy that attracts more of the same and other people of the sa

All communication has stopped at this point. The other person is now defensive and on guard ag

If they get angry them self, it increases the rage and adds more fuel to the fire. They now lo

It is important for both parties to take a time out and reflect on what the original issue was

In most cases, anger is a secondary emotion. It can mask fear, whether it is a fear of loss o

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