

## **Harrison on Anger...**

Anger! Anger is such a limiting response to any situation. Anger is not an emotion, in my opinion. But rather a reaction to an emotion. From my experience anger generally comes from fear or hurt. I have counseled numerous prison inmates and it has always been so interested to dive into what is so often their first reaction, ANGER! Oh the things we could prevent if we would simply analyze what we are angry about rather than on impulse.

More times than not, anger is also you simply saying, "You are not what I want you to be" or "You are not doing what I want you to do". With that in mind we find that Anger is really a selfish manifestation, don't you think? If I really care about someone, anger is not going to be first response, "why" or "what is wrong" will be my first response. Chances are, if someone provokes anger in me - they really are not someone that I care to spend much time or energy on.

Anger also comes from fear, like I said. When people are silenced and have no recourse, we find that they get extremely angry - why? Because they are not being heard. With that in mind, we need to look at a group of people that are expressing anger as see what the emotions behind the anger really are. It is possible, if not probable that there is an issue that we need to address.

The next time you get anger, take a step back - get objective and understand where the anger is coming from. Is it because someone is not conforming to you and your way? or Is it because you don't feel you have a voice and are not being heard? Once you have defined that, you will see that the anger dissipates and you are given the opportunity to effectively listen to the scenario in front of you and communicate rather than criticize or victimize.

*- Harrison Remy*