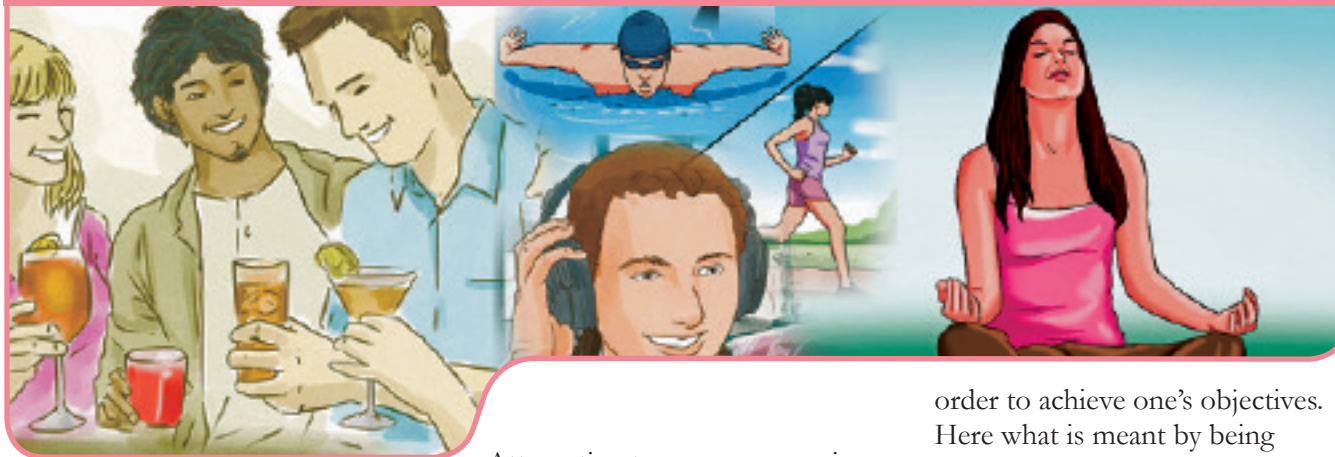


Let us control our Anger

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Anger, temper, annoyance and animosity—all these words can be considered as synonyms. Anger is a condition that any one of us can experience sometime or another. It can be regarded as a feeling or a mental agitation.

Anger is a natural reaction. It is important to recognize some background situations and factors that cause anger:

- Having to face a threat or a challenge
- The thought of a wrong committed against one self by a person or a group of persons.
- Frustration and disappointment due to the failure to achieve needs, expectations and targets.

Anger or animosity is a common experience that anybody may face. Very often anger is something that arises and then subsides. However there are some situations when anger can become a problem. The following are some such situations.

- When the intensity of anger becomes extremely high
- Getting angry very frequently

- Attempting to express anger in an inappropriate manner (such as by scolding, physical attack, indiscriminate use of obscene language etc.)

Some persons consider anger as a useful tool. The reason is their belief that people such as their wife, children and servants will comply when ordered in an angry manner. However these are not



fruitful actions. It should be borne in mind that they will comply with the orders not willingly or with the feeling that it is their duty, but merely to escape the wrath.

Also, it is a myth that one has to be quarrelsome in

order to achieve one's objectives. Here what is meant by being quarrelsome is a behavior attempting to harm another person or property. It is not proper to allow anger to escalate to a point when one causes harm by words, shouting, scolding, threatening or displaying quarrelsome behaviour. It is also a myth to think that getting angry is an innate characteristic which is inherited or that anger will compulsorily lead us to be quarrelsome. It is also a myth even to think that it is useful to exhibit anger and wrath.

It is a good thing in all aspects to strive to control anger. Anger control is conducive to physical wellbeing, mental well being, social well being, and for maintaining health as an entirety.



Getting angry should not be made a habit. One must try to recognize the signs that one is in the process of getting angry. These signs or indications can be categorized into four groups. Namely Physical, Thoughts, Feelings and Behavioural.

The common Physical signs are:

- Increase in heart beat
- Tightening of the chest and difficulty in breathing
- Increase in body temperature and feeling hot

Mental signs

- Feeling of isolation
- Feeling of unconcern
- Feeling that one has done some wrong
- Lack of patience
- Jealousy
- Fear
- Feeling of being subjected to disrespect
- Feeling of being blamed
- Insecurity
- Rejection



Cognitive signs

Interpretation that other peoples actions and statements have made one not being accepted, blamed and as an attempt to control one self

Behavioural signs which indicate that a person has got angry

- Clenching of fist - this may extend to the state of becoming quarrelsome
- Walking to and fro or walking forwards and backwards
- Banging or shut a door or a window (producing a loud noise)
- Shouting loudly

It is useful for persons who get angry frequently to be aware of the places and the situations which make them angry.

- Most people get angry when they are at home. Shortages at home, children shouting, nagging by husband/wife or any other may be the cause of their getting angry when at home.
- There are some people who lose their temper at their work place. Also there are people who get angry on their way to or back from work (a delayed train or bus may cause anger)

It is not only situations, but also incidents which make people angry. Specially it is common to see a person becoming angry when an





incident one does not tolerate happens.

It is possible to employ various methods to measure the extent of anger. Sometimes a questionnaire or an Anger meter may be used. The anger meter is numbered from 1-10 : numbers 1-3 indicate an angerless situation while 4-6 indicate medium state of anger, 7-9 indicate an extreme state of anger, 10 denotes a state when it is not possible to bear the anger anymore, and is ready to explode. The quarrelsome behavior and being involved in quarrels take place simultaneously with this explosion.

How is it possible to break the habit of getting angry?

- Recognize the places, situations and the process of losing ones temper, and try to avoid them.



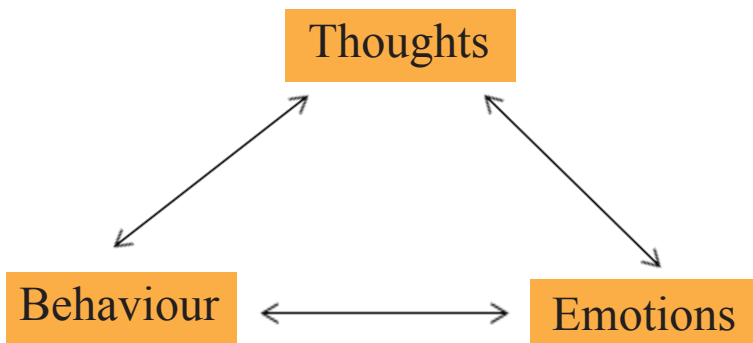
- It is possible to avoid the habit of becoming angry by using methods to control anger

The process of becoming angry has three stages:

- The gradual increase of anger to the acute stage
- Explosion of anger
- Post explosive stage

It is usual for most people who behaved in an unproductive manner when angry to accept in the post explosive stage that they had acted unnecessarily when angry. The process of anger control is composed of three factors which strengthen each other. They are as follows.

The best way to control temper is to avoid situations which cause anger. For example if the action or the conversation which makes a person angry takes place in a house or a room, getting out of the place prevents the development of anger. It is possible to talk to a trustworthy amicable person regarding the situation or the incident which makes one angry. Most faithful friends will provide the guidance to quench the anger. It is possible to make anger subside by walking some distance, specially if one admires the surroundings, which will make the mind peaceful. Also certain chemicals which are secreted in the brain while walking makes the anger to subside. Spiritual activities help to control anger. Indulgings in Maithree Bavana (meditation) can specially help to get rid of hatred and thereby control anger. Following the methods to pacify the mind as shown by the various religions is useful.



Prepared based on the workshop on “Control of Anger” as a component of Mihimadala workshop series conducted by the National Science Foundation.