

FACES FEELINGS

Ways We Avoid Admitting We Are Angry Flight Fear.

1. Blaming someone else for why we blow up, sarcasm, name-calling, belittlement, cruel ridicule, constant put-downs or making someone the butt of a joke, physical taunting e.g. pinching, pulling hair, poking, especially when told it hurts ...
2. procrastination always making promises, always failing to keep them constantly late never completing jobs, promises, assignments setting new goals, never achieving them.
3. The "mask" of smiling, "grin and bear it" through clenched teeth.
4. Re-occurring dreams of violence, dream images that waken you feeling afraid, disturbing dreams that bother your daytime agenda, thought process.
5. Poor sleep habits sleeping excessive amount of hours, going to sleep instead of entering into relationships or plans ... feeling drowsy or going to sleep at inappropriate times grinding teeth while sleeping ... waking up from appropriate number of sleeping hours feeling exhausted inability to fall asleep, stay asleep.... getting tired sooner than you usually do waking up with clenched fists, chronic back aches, stiff, tense joints, muscles.
6. Smoking to calm nerves caffeine, sugar, bread, candy, sweets in excess or during times of tension, nervousness, feeling uptight. Sugar and caffeine enter the bloodstream and put brain to sleep so you cannot evaluate your feelings ... Any alcoholic beverage, "joint" or mind changer not only puts your feelings to sleep but creates process of "drug-affected" feelings.
7. Any behavior that is acted out without awareness or unintentionally, e.g. biting nails, foot banging, habitual knuckle-cracking, fist clenching, tense facial movements.
8. Chronic depression Anger turned inward causes resentments (re-felt feelings of anger from past) ... Resentments turned inward causes guilt (angry at self for hurtful angry feelings and helplessness for inability to "handle" it e.g. forgive and forget) Hidden guilt about hidden hurts and resentments, unexpressed angers causes depression.
8. Stomach ulcers, constipation, chronic back, shoulder, neck aches. Headaches, apathy (no energy to make an effort)

Risks In Admitting & Owning Our Own Feelings of ANGER

I am afraid of rejection

I am afraid of hurting another or I am afraid of being hurt
by another .

I project onto some one else what I cannot admit to myself (You are the angry one (what I deny feeling)

I am afraid of losing control.

I am afraid I will be violent and lose control like I saw family member(s) do when I was a child.

I will feel guilty if I express angry feelings.

S FEELINGS

Fight or Flight

If you want to fight, know this:

1. Anger is healthy. It is a good feeling that warns you something is wrong, a threat to your well-being, a defense against injury, an impulse to protect your self, an energy source.
2. The feeling of anger is neither right nor wrong, it just is. It is what we do with it that can be judged as right or wrong, acceptable or unacceptable, moral or immoral.
3. Anger is always evoked by thoughts, as every feeling is. Anger is aroused following an experience whereby the thinking states to you one of the following perceptions:
 - a. loss of self-respect (unable to save face)
 - b. unmet needs or expectations
 - c. frustration caused by unresolved goals or blocked avenues from achieving wants or needs
 - d. anxiety caused by feelings of powerlessness, loss, disappointment, deprivation.
4. To fight is to vent anger a "good" fight is an honest, direct, appropriate venting of angry feelings. To repress anger causes harm to self e.g. resentments (anger re-felt and re-felt), displacing or "leaking" off on someone else, exploding (loss of control) is not anger but rage.

WHAT ARE THE TOOLS FOR A HEALTHY EXPRESSION OF ANGRY FEELINGS?

- Know your own feelings and how it feels, physically.
- Know it is okay to feel angry be angry
- Accept your feeling angry, admit you are angry .. tell the person evoking your angry feeling " I am Angry"
- explore why you are angry and/or upset with some one else. Use a "circuit breaker" to detach from the situation until you can acknowledge that you are angry when you have angry feelings.
- explore and think through what the angry feelings cover up e.g. stay angry and blaming, name-calling when you cannot admit that you are afraid or remember that childhood memory which re kindles angry feelings again (resentment)
- plan physical activities to provide alternatives and options for healthy expressions of venting
- begin a writing journal and date each page. express, "I am angry because this behavior (what was acted out?) makes me feel (name feeling that the angry feeling is covering up.)
- share with a feelings friend (one who accepts you no matter how you feel and never judges your feelings as bad or dumb.)
- make a conscious decision to be honest with yourself about angry feelings. Write yourself a promise in your journal or write yourself a letter stating an agreement with yourself to never consciously choose to hide anger from yourself, never avoid expressing feelings of "mad", "teed off", annoyance, irritation, frustration, "burnt up", feelings again.
- begin to take better care of your self by finding out and taking responsibility for ways you avoid and deny you are angry.