

Anger the Road to Pain

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In the Far East they say that anger is one of the passions of the mind and that it must invariably be totally absent from one's mind in order for the door to heaven to even be seen, much less opened. How a seemingly simple phenomenon like anger can be perceived as such of a spiritually debilitating force is quite interesting from a psychological point of view as well as a spiritual. Spiritually speaking, anger is considered a mental disease that manifests itself in physical illnesses that seem unquestionably physiological in origin. The seed of anger is generally planted within the minds of unsuspecting people by common life experiences that somehow prompt the sudden acknowledgement that some sort of injustices occur but rather the manner in which they are perceived that determine whether or not anger will be given the proper state of mind to flourish in.

It seems that anger has a pretty good chance of thriving within

the minds of most of us simply because we firmly believe we are undeserving of injustice. However, while we may perceive ourselves as such, with or without merit, injustice invariably tends to be a traumatic part of our life. To firmly believe that one is undeserving of experiences like these is to assure anger a short-term if not permanent home. To perceive that one is deserving of some injustice rarely results in anger but instead a sense of justice or perhaps some degree of depression. How we react to injustice determines to what extent it is developmental.

To some of the spiritual people of the Far East the body is a reflection of the mind and long-term negative emotions such as chronic anger cannot help but eventually be expressed in physical disorders. Were their prognosis for chronic anger to stop with physical illnesses that would be depressing enough but to these people this is just the beginning. Anger is likened in a mental cancer that slowly permeates or negates every positive thought or feeling that

may reside within one's consciousness. The end result is a narrowing of one's perception of the world and a tendency to find injustices that reinforce the anger within. Love and compassion become casualties of this process as well as the ability to reason. These people isolate themselves from others with their angry outbursts or character assassinations which unfortunately encourages a continuation of anger since now there is even additional justification for its presence.

If one chooses to not believe in the possible spiritual implications of anger then perhaps anger's involvement in our interpersonal lives would be of interest. It seems that if anger exists within the mind for a prolonged period of time it will eventually find expression in one's behavior. Either the individual consumed by anger must attack the object of anger or turn the anger inward. In either case the result tends to be equally detrimental. Anger turned outward cannot help but involve some sociopathic aggression against one's peers. Interestingly enough is the fact that data consistently shows our families and friends to be the most likely recipients of this anger. This outwardly expressed anger is reflected in such acts as child abuse, spouse abuse, assault, theft, homicide, and even vandalism. In fact, even some forms of profanity are nothing more

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than anger finding the most sociable means of expression, speech. On the other hand, anger turned inwards invariably results in depression, alcohol abuse, drug abuse, and suicide that is prompted subconsciously. Even dangerous acts like reckless driving, whether by vehicles, snow machine, or three-wheelers, poses the possibility that someone may actually be turning their anger inward to the extent that subconsciously there is only one way out, death. Hard to believe? Well consider an individual who feels that life owes him more than it is offering. With this perception you have the basic ingredient needed for anger, injustice. If life

is not generous enough then some angrily begin their withdrawal from life. They are essentially saying that life is not worth the pain.

Anger like most mental pathologists is given birth by faulty perceptions which ironically work quite well for a significant proportion on one's life. It's like taking the wrong road in life, it may be smooth and even enjoyable for a period of time but inevitably you become aware that something is wrong. Begin human and needing to be right do you keep going on that road emphatically stating that you know what you are doing, or do you go back and try to find where you went wrong? You are the driver and it's unquestionably your life, but don't ignore the mental road signs that signal caution, signs like....anger.