



What happens when we are angry?

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Anger is one of the strongest emotions in the human and animal world. This form of emotion is based on a result when a person is offended and wronged. Once a person feels that he is harmed then he then results to retaliation. Anger can be a result of a mental problem, an emotional response or as a response to a bodily function, such as stress. In reality, there are two types of angry people. Explosive anger involves releasing your hate and anger to other people. This type of anger is based on always being angry and most of the people who have explosive anger are the ones who are easily offended. Implosive anger involves waiting. People who are implosive often wait for their anger to build up, just like a pressure cooking, and they finally release their anger in acts of rage.

What happens when a person is angry? There are several things that happen. There is often increased blood pressure, increase of some hormones, heart rate increase, and people often turn red when they feel offended. A person who is angry will often have poor judgment and will often react with physical or verbal attack. This means that people often say bad words and they often fight other people when they are angry. Of course, anger is often infectious, just like other emotions, and it can actually lead to angering other people.

This type of emotion can actually be destructive. Anger can be destructive because it tends to destroy bonds between families, friends, and relatives. It can lead us into wrecking different things and items. Most people even go to jail because they try to fight with other people especially when they are angry. On the other hand, anger can be used positively.

The key to anger is control. We can easily control anger as long as we know what we are doing. If a job is stressful then we can relax first before we continue. We can also listen to some soothing music, watch funny television shows, eat delicious food, workout, read, and even sleep. As long as we are distracted, we will be able to control our anger. We can also talk with some friends and office mates in order to feel good. If we make peace with the people who have offended us then we might be able to lose our anger. Aristotle once pointed out that anybody can resort to anger, in fact, anybody can be angered and it is very easy. However, being angry with the right person, right time, purpose, and the right degree is not easy. This means that anger can often be irrational and it is never right to be angry.

Questions:

1. Who mentioned that anybody can resort to anger?
2. When you are angry, what do you do?
3. Do you have an implosive or explosive type of anger?
4. What happens to a person who is angry?
5. Why is anger destructive?