



MANAGING ANGER

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

The way we respond to our feelings matter a lot and this is also tantamount to managing anger in our life and not letting it control us. People experience differences and disagreements at home and even at work or maybe in any place around the world. These feelings are normal and prevalent in a person's dealings with other people. Anger can even create hostility and irreparable rifts but learning how to resolve anger and managing anger in a positive way can make a big difference. It doesn't only resolve a conflict but by this way it can also help in strengthening our relationships with others.

If we want ourselves to be able to manage anger, we should try to understand how anger can affect us tremendously. Therefore, we should also know how to handle this ill feeling that can capsize our life and perceive the harm that can affect us in many ways too. This emotion is very normal for a person to experience, especially when we are mistreated and somebody has wronged us in any way. Apparently, the feeling of anger is not really the problem but how we respond to it is what makes the big difference. How an individual handles anger and how it inflicts pain is what really matters most.

What then really triggers our feeling of anger? To be able to address the cause, we should be able to know the root of the problem. If you are a person with a bad temper or one that easily flares up when in a fix situation, you will always find yourself going out of control. Then you have that ill feeling of not being able to tame that beast inside of you and resort to harming others not only verbally but also physically. When this happens we should try to resolve the matter by trying our best to suppress that feeling of anger. When we do that, we are able to take control of ourselves and be able to justify our anger.

On the other hand, anger can also be a healthy emotion for it is very normal for people to be angry. It would obviously be very abnormal if you don't experience this lame feeling. It proves to be very harmful to our health when we let ourselves go into this outrage and suffer its extreme consequences. The seriousness of this outburst can have a severe damage in our relationships with others, our health and even in our state of mind. Whereas, we can always give it a try to learn how to control our temper and simmer ourselves down.

Consequently, we can relate and express how we feel towards others in an honest manner without hurting them and being offensive too. Then we will feel a lot better and things will work out pretty well if we practice doing this act. As the saying goes, "Practice makes perfect". The more we practice; the most likely things will be able to manage our anger. Let us therefore learn to control and manage anger for us to experience very rewarding relationships, be able to attain our goals and lead not only a satisfying but fulfilling life.

Questions for discussion:

1. How can you truly manage your anger and not hurt other people's feelings?
2. What triggers you to become angry and not be able to control it. Explain your answer.
3. How can you suppress this sudden outburst of anger in your life? Justify your answer.
4. 4, Try to recall situations when you let anger take control of you. Was it very rewarding or a disaster? Why or why not?
5. Do you often get angry and not able to suppress it right away? Why or why not?