

# IDEAS 68

**International Online Teachers Society  
Debate  
Educational Materials For  
Advance and Upper Intermediate  
Students**



**International Online Teachers Society  
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## ANGRY PARENTING

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

Anger often begets anger. It seldom poses a great outcome and is almost always the gateway to bitterness and violence. There's no telling how the eruption of anger will eventually give birth to undesirable results.

Hitting a child in anger is never a sensible way to discipline a recalcitrant child. Doing so hurts, and the damage done is always irreparable. Harm is brought to the child in more than physical ways. Children do not respond well to angry outbursts and angry hitting. They end up scarred for life, not only physically but most importantly, in the emotional aspect. In the end, the child remembers the anger but not the reason for it, much less the lesson to be learned.

As a parent to seven kids, I have not always had smooth sailing at raising my children. There have been times when I have succeeded at certain points of discipline. Unfortunately, to my own point of view, I believe I have failed countless times during my journey of parenthood. Inculcating desired values is never an easy romp in the park, and I admittedly have fallen prey to the harassed type of parenting that so often afflicts modern-day parents. Indeed, in our hurry to teach our children to grow up, we are guilty of teaching them how not to grow up. But this is in a less comprehensible manner, though, and all because of anger.

How many times have you sat alone and contemplated on the day just passed? How many times have you found yourself lacking in many respects as a parent, all because you failed to hold your temper in check? Temper is always the one thing you can not have by losing it. When we have a temper, it only means we lose it very easily. That was one of the greatest ironies espoused by the film "Anger Management", a rather hilarious movie that showed the extent to which anger can explode. I rather thought the main character there was very cool compared to me. I am just lucky, I guess, for having kids that are able to stay cool when I no longer have the sanity to hold my temper. In the complete absence of my husband, my children have learned to read the warning signs: flaring nostrils; raised voice; enlargement of the eye openings; clenched fists; arms on hips. All in me, folks, not in them. The older ones have become wise enough to avoid direct confrontations at that point or to prod their younger siblings to action.

Anger does not serve anyone any better. Parenthood requires an infinite reservoir of patience. Before going to sleep on any given night, never end the day with anger still in the air between your child and you. Clear the air and help your child wake up to a better day tomorrow. You will never regret that!

### QUESTIONS FOR DISCUSSION:

1. Why is succumbing to anger not a good way of disciplining your child?
2. How does anger hurt a child in more profound ways?
3. How do you usually curb your temper?
4. What is the best way to discipline a child who is misbehaving?
5. Read about Amy Chua's book, "Battle Hymn of the Tiger Mother". Why do you think the book has received numerous conflicting opinions? Share your own opinions/ideas on this.



## MANAGING YOUR ANGER THE MAYO WAY

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

Dealing with anger has always been a challenging undertaking, but as many have shown, it is quite doable. Anger management is the only productive way by which we can curb the potential rage and violence that often result from extreme anger. Keeping temper in control is best, but making anger the sole controlling factor of oneself is the worst thing a person can do. The Mayo Clinic suggests great ways to control anger. (<http://www.mayoclinic.com/health/anger-management/MH00102>)

First, we need to isolate ourselves from that which has caused our loss of temper. This could involve simply counting to ten, backwards being more advisable. It could also mean leaving that space where the anger was incited, which can be done physically or inwardly (like imagining yourself flying off from the area). It helps to decrease the degree of the emotion.

Once the emotion has subsided, we can articulate our anger through more constructive means. We should not try to tear the other person apart in our mind just to satisfy our need to get back or for revenge. Simply channel the energy towards finding a solution to whatever it is that's caused our anger. Speaking calmly always gets positive results, as opposed to an angry explosion of heated accusations and unjust criticisms in direct retaliation. Being totally ballistic might be justified, but going totally out in anger only makes the situation worse than it already is. Reflect on your words before they leave your tongue. Trying to find the best ways to deal with any problem is always beneficial. It is also best to let the other person know how the situation has affected you personally ("I" statements) and not to use accusatory tones. He will truly understand why it has set you off to such a degree and what has given rise to your ire.

Diffusing anger by engaging in physical activity is also a great way. People go jogging or running or do any other physical exercise to vent out anger. That's a much more manageable and pleasant way to let the anger pass than letting it stew in silence. Cleaning around the house is also a controllable way that allows anger to be dissipated. You can control the level of your cleaning up to match your current mood. Mayo also suggests finding something funny in the situation. Diffuse anger with humor but not more fuel to cause a conflagration (i.e.: dripping with sarcasm).

It's always advisable to be equipped with calming techniques like deep-breathing, meditation, or a relaxation mantra. Yoga practitioners know the benefits of relaxation more than any other individual, so picking up on what this hobby espouses will prove an infinitely beneficial method of calming oneself in the face of anger. Remember not to let your anger in a person stew to a long-kept grudge or harbored ill-feeling. Acceptance and forgiveness lead to longevity of relationships. Most important, though, is to know when you need professional help in managing your anger. To recognize that there's something inherently wrong in the way you handle your anger is the first step to finding a solution.

### QUESTIONS FOR DISCUSSION:

1. What are ways by which you manage your own anger?
2. How do you diffuse anger in another person? Is doing so an easy task?
3. If someone cuts you off in traffic, what course of action will you follow?
4. Who is/are your role model/s in anger management? Why is/are this/these person/s your role model/s?
5. Is there an anger management counseling service or seminar offered in your locality? What does this group offer? How can they help really angry people?



## BURNING ROAD RAGE DOWN

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

You and I have heard about it one way or the other. How road rage is the top cause of many auto accidents. A furious driver is a dangerous person, and anyone who happens to cross his path is well advised not to attempt to do so at that point. An angry driver poses risks not only to himself but to others on the road.

Driving can be a tedious job in itself, but having to manage your anger at someone on the road can be a huge and seemingly insurmountable challenge. If someone cuts you off on the road or taps your bumper, the most likely reaction is to swear or curse at the other driver, give chase or try to get even. But the truly Christian way is to pull oneself out of the situation, calm down, and let the other driver go. The ability to settle down and get your hold on your temper is admirable. The road, after all, is not an arena to prove your worth or your vehicle's great power. Keeping your anger in check is the key to getting more mileage with your car and your gas. Instead of burning fuel and rubber, just mentally let the other driver burn in hell or something. Listen to music to calm yourself. Or talk to yourself about the probable humorous reason why the other driver did what he did. You could be buying yourself an afterlife in heaven if you're able to do that.

Road rage also contributes to hasty judgments and unwanted miscalculations on the road. When you drive angrily, you tend to have a mistaken assumption of what you and your vehicle can achieve. Just as people advice not to drive when you're drunk, in the same way, don't drive when you're angry. Remember that objects on the side view and rear view mirrors might be closer than you think they are. You'd certainly not want to endanger others with sheer irresponsible anger.

In driving, as in any other type of work, we need to have the proper attitude, great courtesy for other road users, street smarts, and training. Being equipped with such factors helps a driver become the real king of the road. Of course, there will always be other drivers who will test one's patience on the road. However, if every road user becomes a responsible and regulation-keeping individual, there might not be any more motor accidents caused by road rage.

Remember that driving is supposed to get you where you're headed, not where you're ultimately be destined to be (DEATH, hello!). Even those who are being sent off to their final resting place use slow-moving hearses. Who would want to hurry to their death, anyway?

### QUESTIONS FOR DISCUSSION:

1. What is road rage? How does it lead to many auto accidents?
2. Have you ever experienced road rage? Be able to talk about your experience in class.
3. How can people deal with road rage? Do you have any more helpful suggestions?
4. Why do drivers need to observe courtesy on the road? How?
5. What would you do if someone chases you on the road because he was angered by what you supposedly did to his car/him?



What happens when we are angry?

Joseph Arre  
Class of 2008, University of Baguio  
B.S in Nursing

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?



## 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?



## ANGER - AN UNPREDICTABLE EMOTION

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

Anger is an unpredictable emotion that all of us encounter. We all have different set of moods and experience varied emotions in dealing with our daily life. We inevitably face this inappropriate, subtle, intense, emerging and an uncontrollable feeling of anger. We definitely know as to where our anger stems from. We have all felt how it is to be angry. There are times that we tend to be fleetingly annoyed and we become so irritable leading us to execute this kind of emotion.

There is still that ephemeral emotion that at times it can also be destructive. Yes, when we go out of control with this feeling of anger, it can lead us to problems at work or even in our personal relationships. Apparently, this affects the over-all quality of our life, making us feel as if we are at the beck of mercy and call of this unpredictable emotion called anger. According to Charles Spielberger, PhD, a psychologist specializing in the study of anger, he said that anger is "an emotional state that varies in intensity from mild irritation to intense fury and rage." He also said that this brings about physiological and biological changes; as in the moment we get angry, our heart rate and blood pressure go up as well as the levels of your energy hormones, adrenaline and non-adrenaline.

Anger can even impair our judgments too. We can even be too irrational when we are angry. People sometimes have that tendency to get angry when they are criticized. They become very defensive. Come to think of it, that would just be a natural feeling and I guess the best thing to do is not to fight back to avoid anger.

Let us not let anger lead us to sin for we know pretty well that anger, which falls under wrath, is considered to be one of the seven deadly sins. It has been a fact that we cannot eliminate anger in dealing with our lives. We can exert all our efforts not to get angry but to no avail. This is very true for there are a lot of instances and circumstances in our life which may lead us to anger. A lot of things happen and will happen that may lead and cause us to anger.

When we cannot really control ourselves and we get angry, we have to bear in mind that it should not lead us to sin. We have seen several and a lot of instances when angry people resort to not only harming themselves but also harming others. It even reaches to the point of getting the life of someone not only with the sarcastic and nasty words that come out of our mouth but also getting the life of people physically. When we feel that rage inside of us, let us try to pacify ourselves by thinking of all the nice and unforgettable things that happened in our life. By means of this, we can divert our anger and be able to suppress it. Let us therefore learn to control and be able to manage our anger for this is a very unpredictable emotion that can ruin our lives.

Questions for discussion:

1. Are you able to control your anger? Why or why not?
2. Do you get angry most of the time? What do you do when this feeling overrides you?
3. Will anger do you good or bring you harm most of the time? Explain your answer.
4. Are you able to suppress your anger? How do you do it?
5. What are the underlying reasons why a person gets angry? Explain your answer.





## ANGER: How to Control Other Minds?

Junel T. Balandra  
Class 2005- 2008 Ateneo De Naga University  
Philosophy

Having control with other minds, you can manage people's feelings and emotions; such as ANGER. You can instill feelings in them to compromise or to terrorize. Imagine a society or organization you can fill, and drive each encounter into a remarkable and efficient cause. Imagine your parents whom supposed to scold you when you came home late but with a smile. . . Imagine your enemy approaching you with tenderness and grin. . . Imagine. . . Just imagine. . .

What happen when we are angry? We want an immediate satisfaction/ resistance through vengeance and miscalculated violence. An animal becomes angry thus results to violence, to protect its food or territory. We may say Nature is angry, when it results to calamities; such as typhoons and a magnitude 8.0 earthquakes, so as tsunami. . . Man(Human) became angry not only of resistance(as with animals), but to save face. We want vengeance; we want to prove something. . . We resist with disrespect, dishonor, and distress. . .

How do we overcome resentment then, anger? From various Philosophers and Scholars, we arrived at some common ideas; according to the Meditations of Sri Swami Sivananda; it is solely the "mind", which is responsible for all stimuli(actions/ feelings). Mind is the Supreme Being that conquers all. One's mind has relation with other minds. Each human has different veil of perception thus come up with different reason, different minds. To capture ones' mind is to determine the route towards one's mind. How to determine the route towards one's mind? To determine the route towards one's mind is to observe the body. . . The body denotes or reflects the perfection\* of the mind. The body sometimes is deceptive- as we smile though inside we are burning in fire, tired, or angry. How many times should we say "Good morning?" "Good afternoon?" and "Good evening?" with matching smiles(and blink of an eye if applicable) with our colleagues or students, where in fact we are suffering in disgrace of displeasure and stress( of any factors). Is it really "good"? We influence, we hypnotize with smiles and gestures of what should be our world to be(as study shows that emotions is infectious). . . The first time I came into one of these prestigious schools, everyone is greeting to me with smiles, sharing their food, respecting my opinion. . . And oh! It brought me into a new world. That created a positive attitude towards my perceptions, despite of distress. . . It made me realized and inspired me for a better cause. . .

Anger, thus, the most pre-dominant and pre-eminent nature of man, should you overcome it? Or should you empower it? There is no escape in anger, even the monks and priest are bounded by these desires; these feelings; this resentment; this anger. Monks, Priest, and Saints overcome and empowered these resentment(anger) by divination and meditations. From Socrates, Buddha, and through Jesus; they thought as Justice, Meditation, and Love respectively. And it all begins with self introspection, self examination... As Doctors examines patience, Scientists conducts experiments, and I(including You) examines thy actions caused by ANGER(feelings). . . .then imagine yourself reading this in full desire. . . Now let me put a SMILE on that face-a J. Love and inspire and be inspired, in despite of distress(of any factors).

### Questions:

1. What is the cause of "anger"? / Why do we get angry?
2. How was "anger" depicted to "resentment"?
3. What is the participation of the "mind" towards "anger"?
4. How do we overcome/ empower anger? / How to control other minds?
5. Whenever you're angry, how do you overcome or empower it?

\*Anger was defined as a feeling of displeasure aroused by a wrong. It is also classified as one of the most pre-dominant feelings of every individual. It is akin to resentment; \*feeling of displeasure or indignation at some act, remark, person,etc., regarded as causing injury or insult.



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