



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

ANGER

an·ger — *a strong feeling of being upset or annoyed because of something wrong or bad : the feeling that makes someone want to hurt other people.*

There are hundreds of chemical changes in our bodies that happen instantly when we become angry. Adrenalin starts flowing directing our brains to get our muscles to get ready for action, our hearts to increase pumping and redirects blood to focus on delivering oxygen to our big muscle groups, heart and lungs and to decrease flow to our brains. As a result we get stronger and dumber.

Explosive people disconnect from their body's physical changes that help warn the rest of us and help us know when we are getting angry. They often do not realize they are angry until it is too late and they are blowing up. It is critical that they learn to pay attention to their bodies so that they can know when they are starting to get angry.

Consequences of Anger

Although anger can be positive at times, it more frequently leads to harmful consequences. In its most extreme form, it can result in road rage, domestic violence, child abuse, physical assault, and even murder.

According to Dr. Tony Fiore and Dr. Ari Novick, as explained in their acclaimed book, *Anger Management for the 21st Century*, the following are the five major costs of anger:

Cost #1 – Your Health

It has been well documented that chronic, high levels of anger are associated with an increased risk for health problems. How often anger is experienced and how it is expressed during periods of emotional distress are significant factors in determining the impact on one's health.

Cost #2 – Your Self-Esteem

Although the expression of anger may feel good at the moment, it often leads to feelings of guilt, shame, embarrassment, and remorse. On a cognitive level, one might realize that his or her response was overblown, misdirected, and/or unwarranted. The result, in most cases, is damage to one's self-esteem.

Cost #3 – Your Relationships

Very few things can damage a relationship as much as the inability to manage one's anger. Frequent and/or intense outbursts, whether verbal or physical, can destroy marriages, break apart families, and ruin friendships.

Cost #4 – Your Children

The effect on children of witnessing chronic and/or intense anger in the household can be devastating, often more so than the impact of parental divorce.

Cost #5 – The Workplace

What gets accomplished in the workplace, both quantitatively and qualitatively, can be severely compromised by poorly managed anger, frustration, and resentment.

Is Some Anger Good?

Yes - think about the emotion itself. Anger is a natural (some would say God-given) emotion that lets us know our rights, or the rights of others, have been violated. So when someone has done you wrong from a moral standpoint, anger is the emotion you should feel – it's situational and can trigger positive action.

The Art of Emotional Composure

When the negative emotion of anger is taking over – the answer to stopping it in its tracks is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your anger – instead of anger controlling you!

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