



Anger Exposed

Authored By: Anthony Parsons





What Is Anger?





Anger is an emotional response that varies in intensity from mild irritation to intense fury and rage. Like other emotional responses, it is accompanied by physiological and biological changes. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot, sweaty or feel out of control.





T-HELL WITH THE DOG - BEWARE OF OWNER

Angry people often equals angry and inappropriate behaviour. This behaviour can include yelling, throwing things, criticising, ignoring, storming out and sometimes withdrawing and doing nothing.





T-HELL WITH THE DOG - BEWARE OF OWNER

Anger often leads to violence if not properly controlled. This leads some people to think that anger is an appropriate excuse for being abusive towards others. Violence and abusive behaviour give someone power and control over another person, usually through creating fear.





How Much Did You Pay Attention?





T-HELL WITH THE DOG - BEWARE OF OWNER

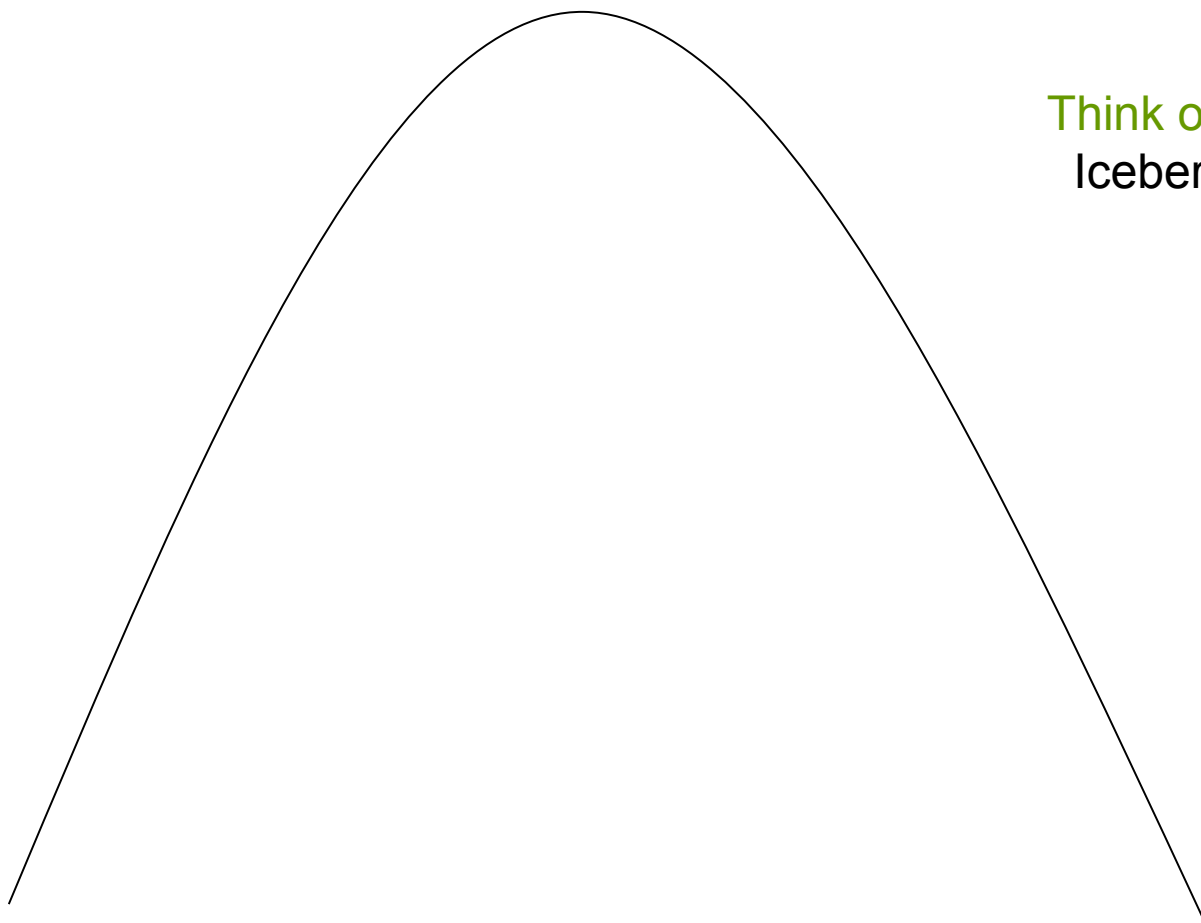
What is Anger Again?

Anger is an emotional response, not an emotion by itself.





T-HELL WITH THE DOG - BEWARE OF OWNER



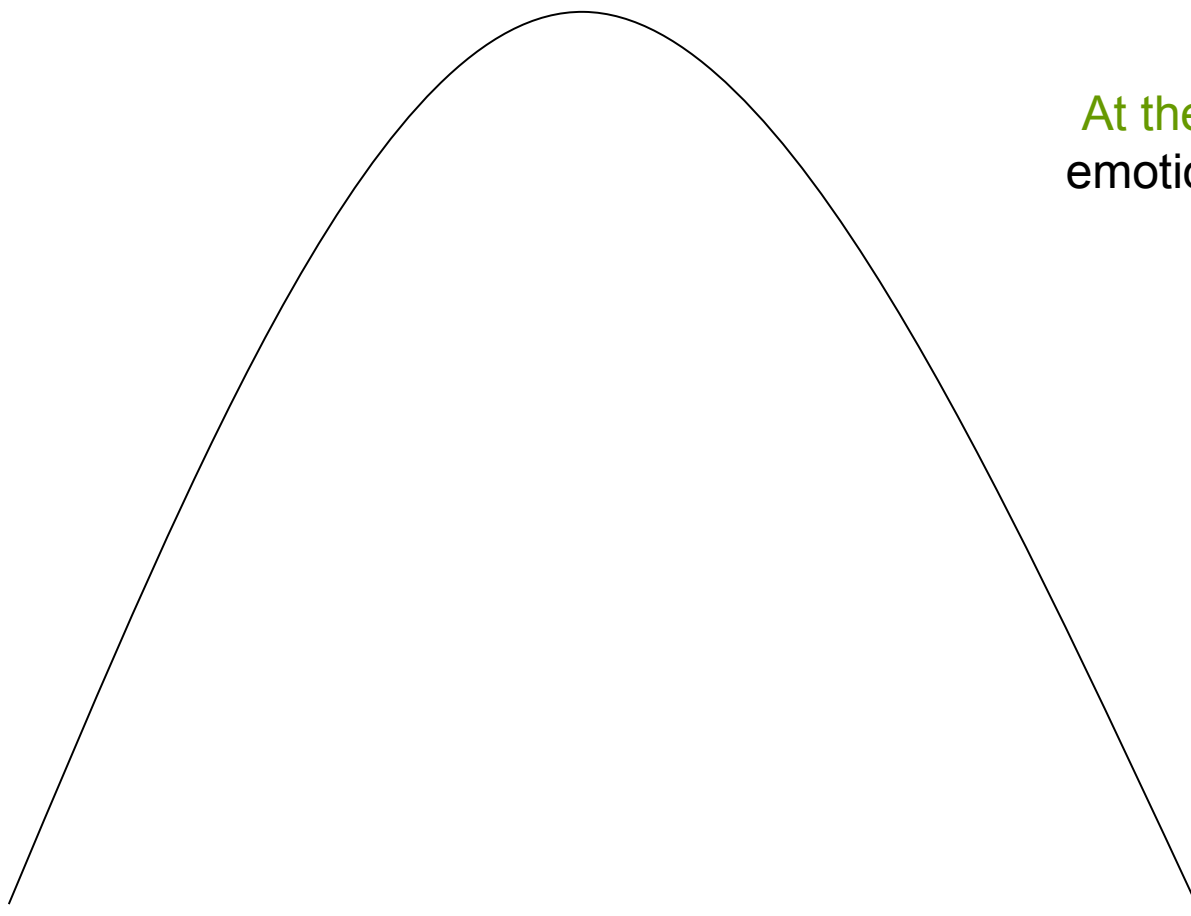
Think of Anger Like an
Iceberg of Emotions





T-HELL WITH THE DOG - BEWARE OF OWNER

Anger – Hate - Rage

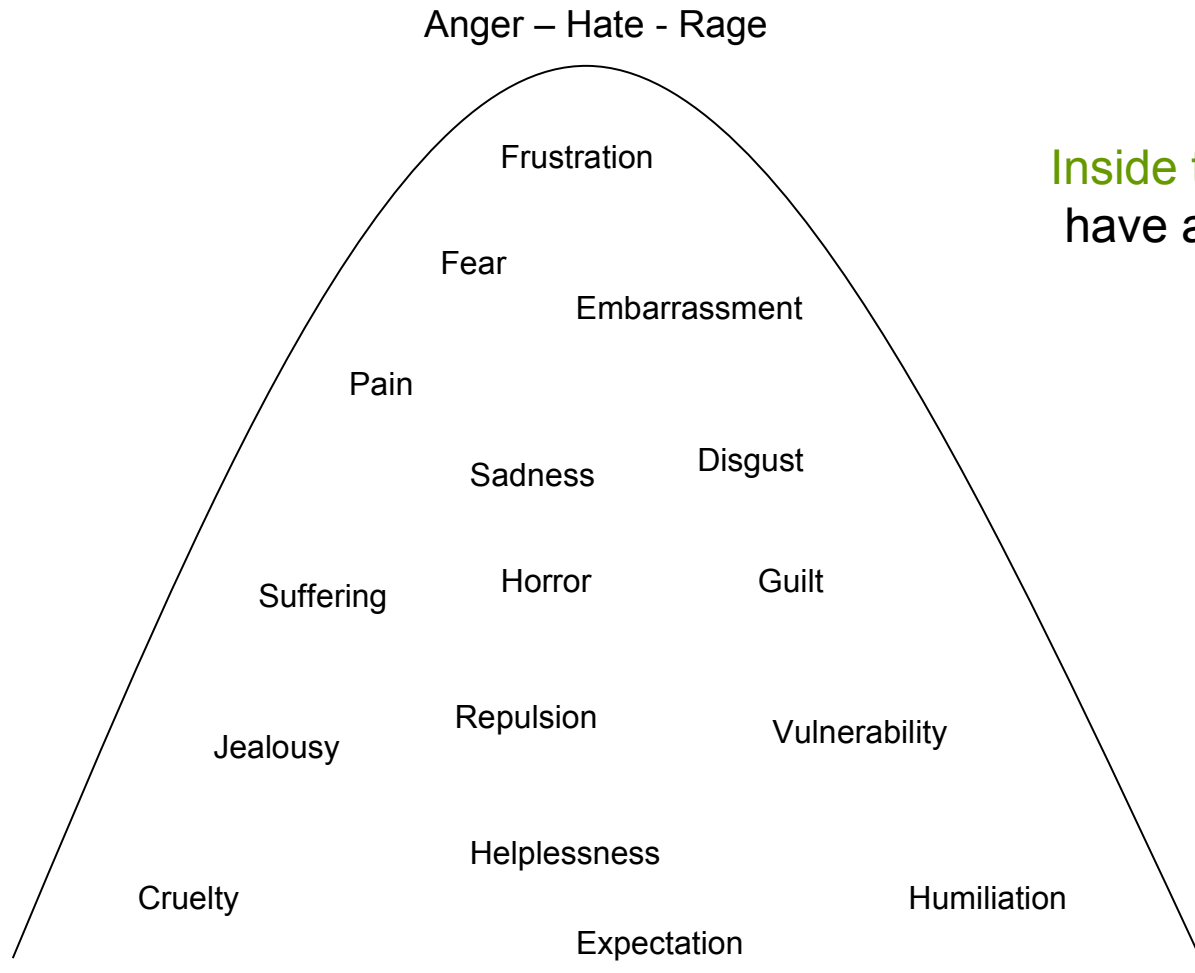


At the tip, you have emotional responses





T-HELL WITH THE DOG - BEWARE OF OWNER

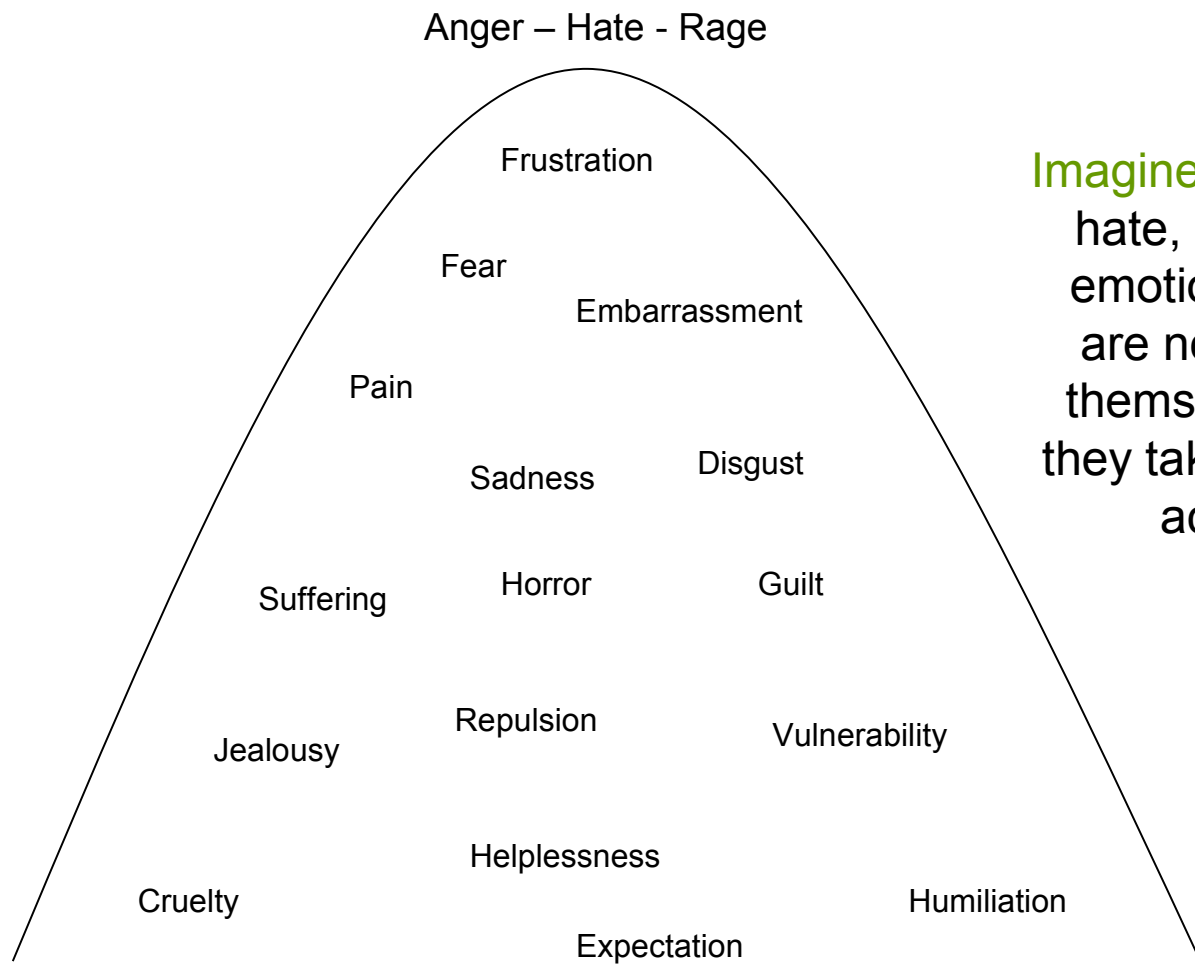


Inside the iceberg, you have actual emotions





T-HELL WITH THE DOG - BEWARE OF OWNER



Imagine now how anger, hate, rage and other emotional responses are not emotions by themselves, because they take an emotion to action them.





T-HELL WITH THE DOG - BEWARE OF OWNER

Understanding what we feel, is the key to controlling our emotional responses or simply, finding the feelings to control the anger.





Why Do We Want To Control Our Anger?

- For our health
- For our family
- For our children
- For our spouse
- For ourselves





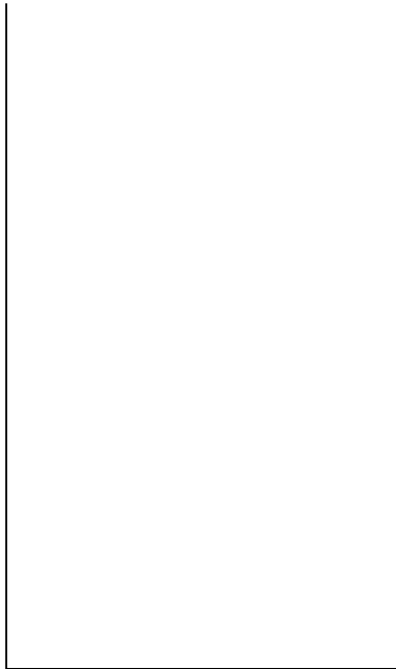
Anger With PTSD

Bad Combination





The PTSD Cup Explanation



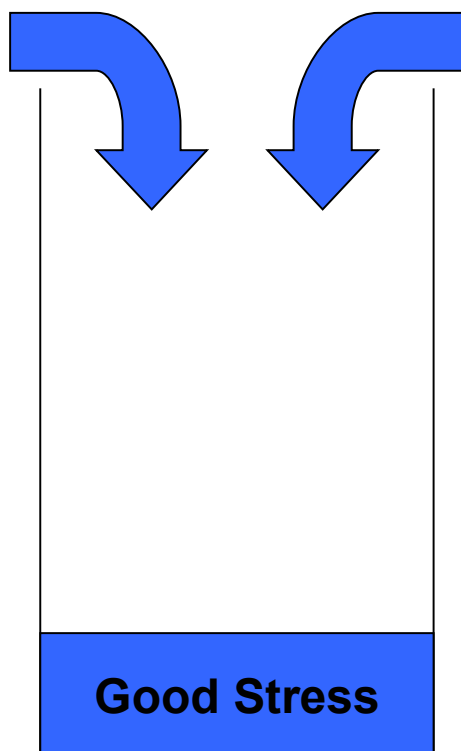
The easiest way to explain why anger is detrimental with PTSD, is by drawing a picture. A picture is worth a thousand words.

The PTSD Cup illustrates why, with PTSD, our anger can tend to be more volatile. It may also help answer why insignificant daily events can create explosive anger that does not fit the circumstances. For example, flying of the handle because the toilet roll is around the wrong way.





The PTSD Cup Explanation



Good Stress

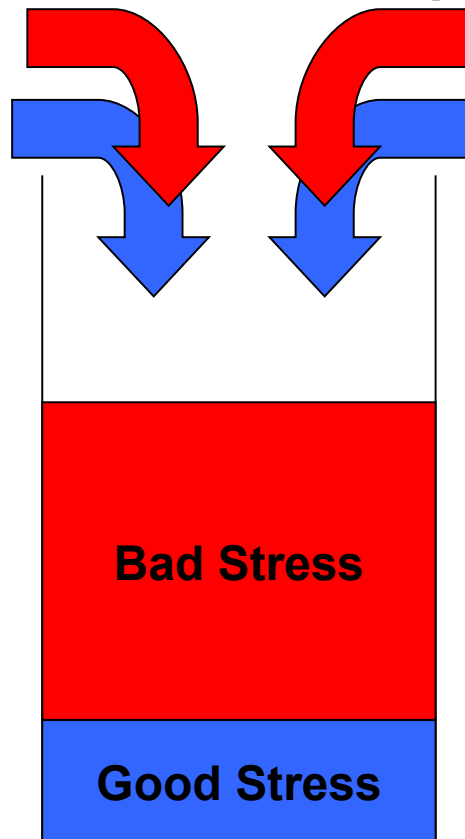
We all have it. Whether you know it or not, good stress is part of our daily life cycle. Good stress consists of such activities as getting out of bed, having a shower, preparing food, going to work, cleaning the house, making the bed (etc).

Good stress makes up a small amount of our daily life stressors.





The PTSD Cup Explanation



Bad Stress

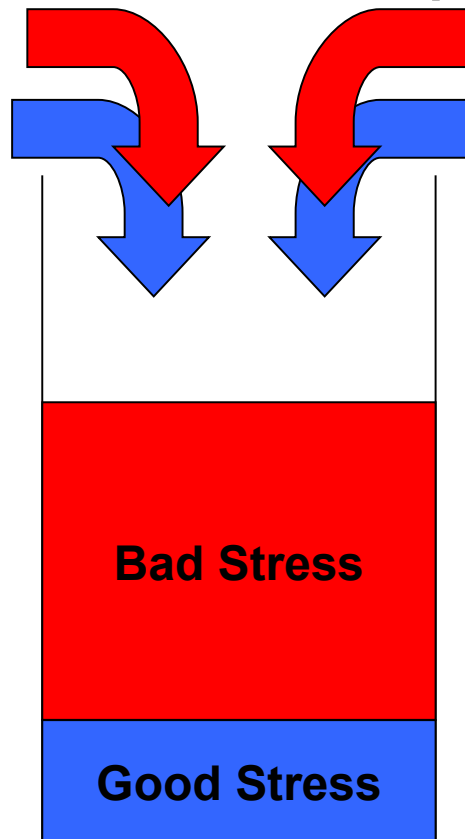
We all have this as well. Whether you know it or not, bad stress is part of our daily life cycle. Bad stress consists of such facets as relationships issues, finances, bills, employment (etc).

Bad stress often contributes more to our daily life stressors.





The PTSD Cup Explanation



Represents Person Without PTSD

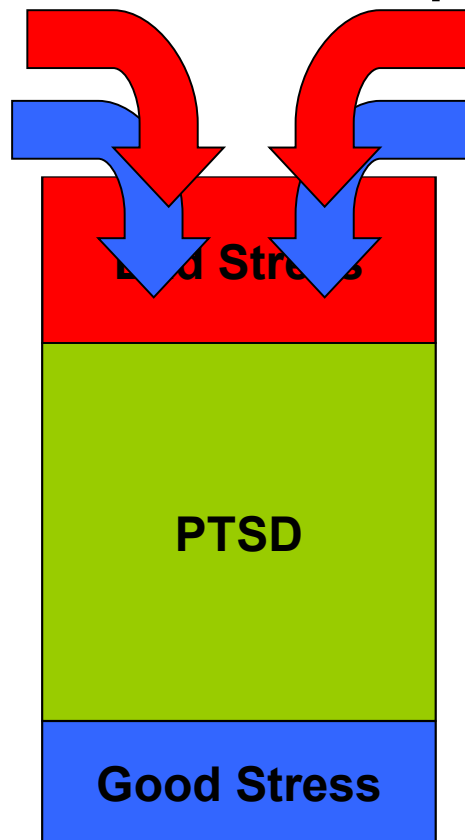
As you can see for yourself, with both good and bad stress in our daily lives our cup doesn't overflow. Instead our daily stress can be managed. At night with sleep and relaxation our stress is reduced to nothing making us ready to start a new day.

Plenty of room for things to go wrong!





The PTSD Cup Explanation



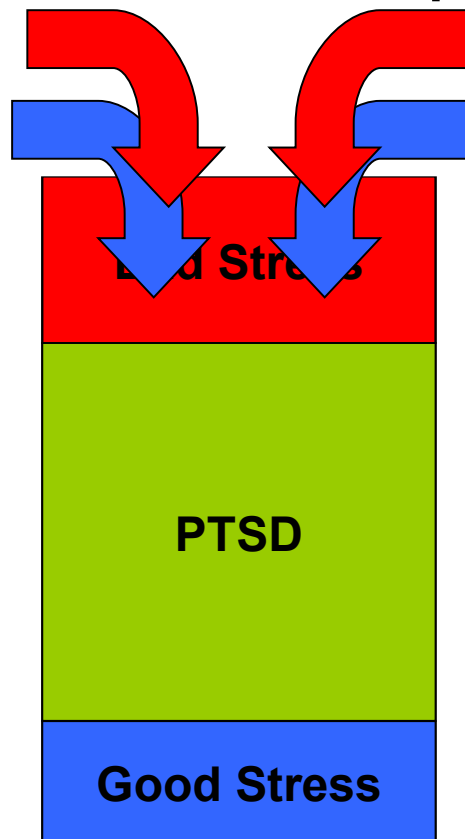
PTSD Introduced

Introduce PTSD into our daily cup of stress. Good stress and PTSD are unavoidable stressors now leaving little room for bad stress to fit into our cup. Instead, the slightest little bit of bad stress that affects us now overflows our cup often with rage, hatred, anger, violence (etc).





The PTSD Cup Explanation



Resolving Anger

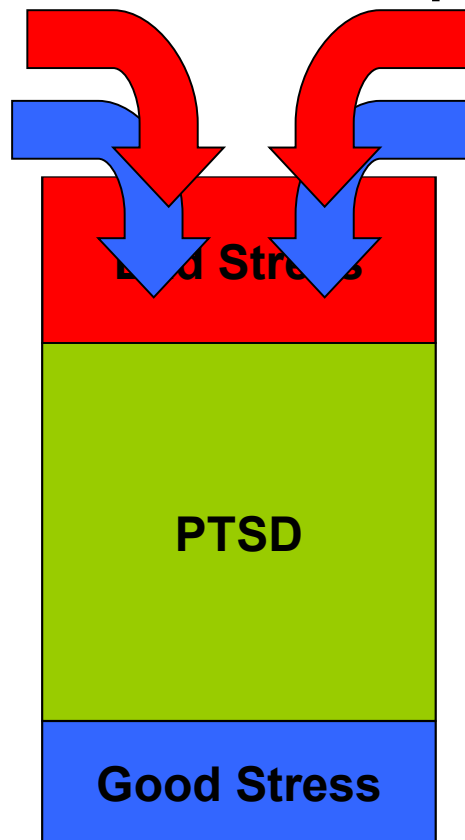
Now you can identify how the slightest daily stressor results in anger.

Learning to identify the emotions that cause the emotional response (anger, rage, hatred, etc), will minimise the destruction and chaos caused. This in turn helps to lower your overall PTSD stressor level at the same time, thus creating more room in your cup.





The PTSD Cup Explanation



Evolving Cup

PTSD creates a requisite amount of bad stress from symptoms.

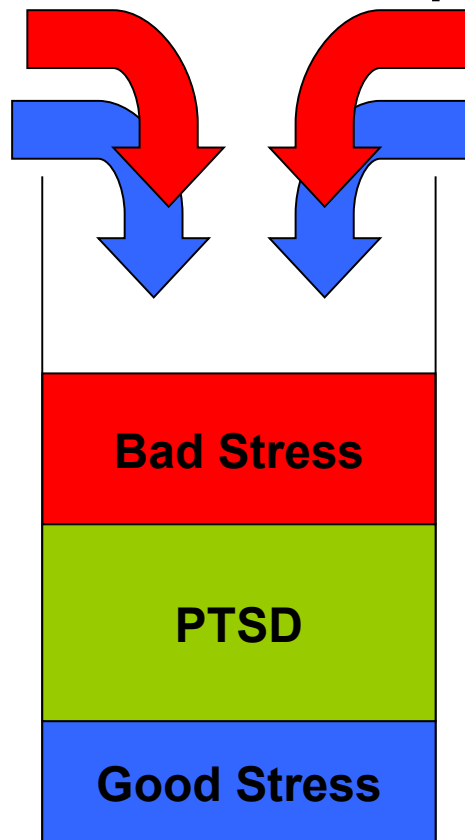
Bad stress creates a requisite amount of PTSD through symptom increase.

Solution? Both must be managed in unison to create effective room within your cup of daily stress to cope without anger.





The PTSD Cup Explanation



Evolving Cup

PTSD creates a requisite amount of bad stress from symptoms.

Bad stress creates a requisite amount of PTSD through symptom increase.

Solution? Both must be managed in unison to create effective room within your cup of daily stress to cope without anger.





Anger Conclusion

- Being angry is not tough
- Being angry is not cool
- Exposure to bad stress must be minimised
- Not controlling anger is a weakness
- Its time to wakeup and smell life
- Controlling anger opens up life, love and happiness... get with the program

