

Reflections

Dealing with anger

'TO be in anger is impiety, but who is the man that is not angry?'

This popular quote from William Shakespeare has outlived its use and time. Our speed culture of impatience constantly fuels our anger. And so most of us tend to give into anger in some way. Anger has become the universal emotion, management of which is indispensable for good health and well being.

Apart from one single benefit (anger might help to motivate one to fight and succeed) it has been researched and established that excessive anger causes physical and psychological injury to oneself and the others.

People who fail to manage this emotion 'anger' fall victim to experience it frequently and intensely resulting in feeling of panic, loss of control and difficulty in managing complex emotions.

Unmanaged anger tends to interfere with one's daily life making the person dysfunctional. The worst is its deleterious effect on family, friends and the society. Excessive anger expressions result in hampered cognitive reasoning with decrease in motivation, satisfaction, performance and



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confidence in completing responsible tasks.

Therefore, the management of anger is essential for daily living and everyone's well-being.

Almost all the clinical approaches to anger management/handling insist on one simple technique; anger recognition through self-awareness.

Apart from the professional-clinical setting, churches are commonly perceived to be the places that offer opportunities for awareness through faith practices such as examination of conscience and reconciliation. How interesting to know that the bible brought this important message out over 2,000 years ago.

'Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.' Proverb 16:32.

So, why don't you try a church next when you have to deal with anger?