

Experiences that result in anger issues.

- ♦ Death & Grieving
- ♦ Rejection & Abandonment
- ♦ Unexpected Loss of job or financial security
- ♦ Fear
- ♦ Physical, mental &/or emotional abuse
- ♦ Addictions & coping with addictions of loved ones

Effects of Anger

- ♦ Abuse of self & others
- ♦ Hate & Self hate
- ♦ Addictions
- ♦ Depression
- ♦ Rage
- ♦ Suicide
- ♦ Damage to home and/or community property
- ♦ Loss of Relationships



Aaqitauvik Healing Centre

PO Box 39

Quaqtaq, QC J0M 1J0

Office 819-492-9145 email: manager@aaqitauvik.ca

Freedom From



Aaqitauvik Healing Centre

PO Box 39, Quaqtaq, QC J0M 1J0

Office: 819-492-9145

Anger is an emotion that can be confusing because it can act as a cover for other emotions such as anxiety, lack of self worth, lack of trust, unforgiveness

There are ***two common sources of Anger:***

1. **Threat;** threat of real loss, fear of a loss or a sense of loss or fear of loss
2. **Frustration**—with real or unmet needs, or a feeling of unmet needs and expectations. These are rooted in our sense of shame and rejection.

I want—but I can't have it or I can't do it

I need—but I can't get it or I can't have it

I have no control - sense of Helplessness

I never quite measure up “sense of being wrong.

Negative Expressions of Anger:

1. **Explode** : anger turned outward against others or things

Aggressive behavior, expressed through verbal bullying, criticism, yelling, humiliating, blame shifting, negative physical activity towards others & self.

Anger is expressed consciously or unconsciously with a number consequences:

Intimidation: Create fear to get what you want

Manipulation or Mind Games

2. **Implode** : anger turned inward

On the outside a person may appear calm, but inwardly there are feelings of aggression.

Anger cannot be suppressed or regressed. It will come out in some form in our spirit soul and body such as:

Self condemnation, self induced shame or despair

Solutions to the Anger Issue:

Many times we respond to anger in ways we have learned from our families, which are not always healthy ways. The following list present a few ways that we begin the healing process:

- ♦ **Realizing we have been hurt and take the responsibility to deal with our hurts and pain**
- ♦ **Forgiveness**
- ♦ **Healing of wounds**
- ♦ **Cut the roots**
- ♦ **Conflict Resolution**
- ♦ **New ideas and solutions to problems we face**
- ♦ **Learning how to Make goals for healthy relationships**