



Anger = Loss of Control

There is a genealogy of anger:

- Threatening circumstance – perceived or real
- Blame
- Victim
- Anger

It doesn't matter whether the threat is physical or mental threat, your body's **chemical stress response is similar**. There is a surge of fight/flight hormones and inflammatory proteins that enhances your chances of survival.

Anxiety is the feeling generated by your body's neurochemical response to a mental or physical threat. When a situation causes a feeling of anxiety, we exert some type of control to diminish it. When you lose or don't have enough control, your body secretes more stress hormones and inflammatory proteins in an effort to regain it. The result is what we call anger. Some examples of anger-producing situations are:

- Invasion of your boundaries
 - Boss
 - Bully
 - Spouse
- Inability to meet your basic physical needs
 - Food
 - Water
 - Air
 - Sex
 - Freedom from pain
- Inability to meet your basic psychological needs
 - Nurture and love
 - Protection
 - Be heard
 - Control of anxiety
- Repetitive intrusive thoughts and emotions
 - Repressed thoughts and emotions are even more of a threat



While anxiety represents feelings of helplessness, anger is a powerful feeling that covers up the sensation of anxiety. It is the most powerful role that a human can experience. Anger results in action that can help regain control—whether the actions are admirable or not is a different discussion. Even if it isn't possible to regain control, anger allows you to feel like you are in control. (You can't control your thoughts.) Anger is nearly impossible to give up. Nor should you give it up. It is a survival reaction. By being aware of and understanding how powerful and potentially destructive it can be, you will be able to separate from it. Then you'll be able to let go and move forward to experience a full, rich, and productive life.

