

Hack 05



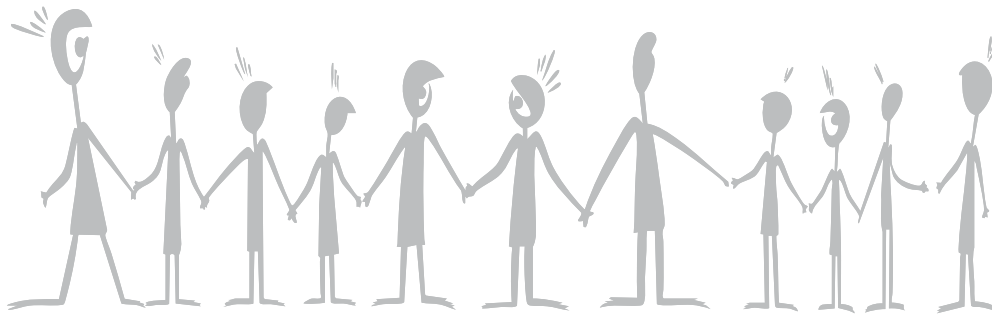
Taming Your Anger

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Anger doesn't resolve anything
but quickly destroys everything

(Y.B)

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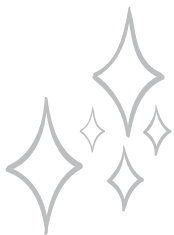
Life's way better with people in it. To be your best self, you'll need to get along with all sorts- parents, siblings, friends, perhaps work colleagues and one day a spouse.

It is because relationships are so important that we must overcome anything that might threaten them. Many things can go wrong, but there is no greater destroyer of relationships than anger. Anger isn't always inherently bad. It's how we express and manage it that makes the difference.

Anger is often compared to an out-of-control lion, and success will only come to those who can tame their inner lion.



Why do you think anger is often compared to an out-of-control lion?



Did you know?

You might feel angry for specific reasons or for no reason at all except for the changes taking place in your body and brain.

During adolescence, the brain undergoes a variety of changes. This can lead to some emotional turmoil as the brain begins to rely more on the limbic system (the emotional centre of the brain) to make decisions.

This, coupled with shifts in brain and body chemicals can be the reason why many young people may feel emotions such as anger and frustration so intensely.





Anger can appear in two main forms.

1. The first is an aggressive type of anger in which the angry lion roars and fights
2. The second is a passive form of anger in which the lion looks calm on the outside but is about to explode on the inside

Take a look at two examples of the different expressions of anger:

Anger is controlling my life. I feel like something explodes inside of me that I cannot control. I can be very calm, but as soon as someone does something to me that I don't like, I blow up into an uncontrollable rage. I always feel sorry after I have calmed down, but I'm well aware that, by then, the damage has been done. I can't tell you how many friends I have driven away over the last few years because of my anger.

Noam (AGE 13)

I'm the person who everyone thinks is so easygoing and calm. I look like the type of person who doesn't get bothered by anything. But nobody is aware of the real truth (though now you're in the know). I just keep everything inside myself. When people are nasty to me or I feel that I have been wronged, I pretend I don't care. In truth, I am seething inside. That's what I do. I lock all the anger into my heart, and it just piles up inside. Usually, I end up letting it out on my family, who don't understand why I am angry with them. I know it's not fair to them, but I can't control myself...

Ahuva (AGE 15)