

Anger What makes it go away?

Your anger will begin to subside when:

- 1. You fully understand and empathise with the child you once were and the pain that child experienced while growing up. This may entail being angry at one or both parents, (and often other adults as well including neighbours, relatives and teachers who “passed by on the other side.” The reason for directing your anger there for a while, is to get out of the habit of a) giving it to people who were not responsible for creating it in the first place and b) blaming yourself and punishing yourself.**
- 2. You understand better why each of your parents were the way they were, why they did the things they did, and you understand the magnitude of child abuse in ours and all societies, even today (and perhaps how much worse it was when your parents were young)**
- 3. You are able to appreciate and be proud of yourself for surviving your childhood and turning out as good, sane and useful a citizen as you are. You notice that you are a pretty decent person even after all you have been through and even though you are not perfect. Then you decide to stop blaming and/or abusing yourself.**
- 4. You learn how to nurture and comfort your Inner Child who still feels all of the pain and suffering that s/he felt when you were little. You learn how to recognize and respond actively, promptly and helpfully when s/he is feeling unimportant, unsafe, scared, ashamed, bad or wrong, worthless, stupid, insignificant, unloved or unlovable or any other very painful feelings**
- 5. You decide that a) it is going to take every bit of your energy to love and care for the little child who still lives inside of you, and to build your life into something that you are proud of, and b) you don't want to waste your energy any more on anger which expends great energy, destroys or damages everyone around you, and brings NO REWARDS for all that effort/energy expended.**
- 6. You learn to accept what you can't change, to be realistic in your expectations of life, self and others, and to move systematically, step by step, to confront and change what you *can* change, accept what you can't change, and move steadily toward your own personal goals.**
- 7. You look at where and how you learned this habit for coping. (Was it from a parent who used anger to get what s/he wanted quickly and**

easily?) Then you begin to treat it the same way you would treat any other bad habit, including an addiction, a habit of being late, or biting your nails. There are many good books on how to break a bad habit including an anger habit/addiction. Any 12 Step Program (as used in AA and in other addiction programs including Co-Dependents Anonymous)