

Justice and Peace and the Integrity of Creation (JPIC)

“Anger. The very word makes us pause. Yet to be human is to know anger. Anger helps us to defend our rights and protect our freedoms - - as individuals and as a society. For all of the positive aspects of anger, though, we know only too well the destructive forms it can take: physical and emotional violence, depression, even illness.”

As we look around our world today, we witness numerous incidents of both individual and communal anger. Anger can give the passion to accomplish necessary and great works e.g, researchers searching hard to find cures for various diseases; people working to overcome prejudice; and peace makers struggling to assist opposing sides to find common ground. Anger, in the form of a strong realization of injustice, can change political scenes to bring about greater equality and liberty.

Poisonous anger can come forth from unresolved grief, deeply buried hurts, false expectations of self and others and feelings of unrealistic entitlement. Dr. Albert Ellis wrote that if we can let go of unrealistic expectations, we can reduce our level of frustration, avoid anger much of the time and defuse anger when it occurs.

It is important to decide who we feel called to be and what battles are essential to ‘fight’. Personalities and cultures respond differently to situations and words. It is important to know how we react. It is vital to clarify the real issue when tensions arise.

“Finding out what your anger is really about requires digging. One way to do that is to stop, take a deep breath, and ask yourself, “What am I thinking and feeling? What about this situation makes me angry? What am I really angry about?”

“Anger ranges on a long continuum from mild annoyance at one extreme to rage at the other. Because many of us weren’t brought up to express anger at all, we often don’t know how to use the lower intensities of anger. We use a sledgehammer when we could use a feather.”

“Like people, styles of anger vary. Some resolve anger through a noisy, energetic argument. Others resolve it through a calm and thoughtful discussion. Not enough of us, probably, resolve anger through humor and gentle laughter. Whatever your style, anger at its best is a dialogue. Through anger, you can touch another and you can be touched, bridging the solitudes of two unique persons with healing love.”

Does our anger drain energy or does it promote life and justice?

(Quotations are from *Dealing With Anger*; by Louisa Rogers; Care Notes)

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**Why use a sledgehammer
when you could use a feather?**