

Why Are We So Angry?

A universal trigger for anger is the sense of being endangered, not just by an outright physical threat but more often:

1. A threat to self-esteem or dignity.
2. Being treated unjustly or rudely.
3. Being insulted or demeaned.
4. Being frustrated in pursuing an important goal.

Some of the dynamics of anger and why we get angry are:

1. We are rarely ever angry for the reasons we think.
2. Often your anger toward the smallest thing is really about something deeper.
3. Often what stresses us out aren't major crises, but the little things that build up day after day.
4. Lack of time makes us more likely to get angry. As we rush from one task to another, we become impatient at anything and anyone that slows us down.
5. Because of their high expectations, more people feel a sense of entitlement for attention, time, money, and things.
6. We become more angry when we are stressed and our body resources are down.
7. You may be prone to anger because of a physical problem.
8. We often become angry when we see a trait in others we can't stand in ourselves.
9. We are often angry when we didn't get what we needed as a child.
10. Sometimes we get angry because we were hurt as a child.
11. Underneath many current angers are old disappointments, traumas, and triggers.
12. We get angry when a current event brings up an old unresolved situation from the past.
13. We often feel strong emotion when a situation has a similar content, words, or energy that we have felt before.