# Understanding Anger

**Anger is a *natural* response to a hurt, frustration, bereavement, loss or threat.**

**It is said it stems from an *unmet basic love need* which connects to feelings of rejection, which are painful, and out of fear we become defensive and ANGRY.**

***A Definition of what love is and how we might expect to be treated in a loving way***

Love is patient, kind, not envious, boastful, conceited, or rude. It is not self-seeking, easily angered and keeps no record of wrongdoing. It does not delight in inflicting evil/harm, It celebrates the truth. It always protects trusts, hopes, and preserves. There is nothing love cannot face; there is no limit to its faith, hope, and endurance.

**Patient** – showing self-control.

**Kind** – giving attention, appreciation, and encouragement.

**Humble** – being real without pretence and arrogance.

**Respectful** – treating others as important people.

**Selfless** – meeting the needs of others.

**Forgiving** – giving up resentment when wronged.

**Honest** – being free from deception.

**Committed** – sticking to your choices

* **Have you had this experience of being treated in this loving way?**
* **Do you treat others in this way?**

Anytime we feel we are treated in a **“less than lovingly way**” i.e. which is

**Dismissive – Disowning – Belittling – Demeaning- Disloyal – Indifferent - Uncaring – or abusive in any form - we get angry**

**Your Voice, or Need, feels rejected, silenced or neutralised**