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BENEFITS TO COPING WITH ANGER

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COPING OTHER PEOPLE'S ANGER

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INTRODUCTION

"I got flowers today" is a poem of four stanzas and one hundred and thirty-eight words written by an unknown author who describes the suffering of a woman beaten, then her death following the aggressions of her partner suffering from a chronic anger. Indeed, after each crisis of anger he had always offered her a bouquet of flowers to show his regret and his will not to do it again.

The analysis of this text, which is very popular on the web, shows how this battered woman was trapped by this man who was always angry. She accepted to undergo this man in order to secure the future of her children, for lack of alternative to the life standing that this man had offered her and the fear of the worst after a separation. Hoping for a change from her abuser that never came, one day she was finally killed.

Most of the books dealing with the problem of anger approach the subject from the individual who is angry but do not mention the one who suffers this anger. My paper will focus on how to cope with the anger of others. In a first point we will find the rationale that supports this approach, in a second point we will look at anger from the perspective of the one who is angry and in a third point we will study what to do to deal with the anger of an interface.

SUMMARY OF THE TOPIC

In an article published by Mental help .net on the psychology of anger, the author presents anger as a substitute emotion and considers that an angry person is in danger on the family, professional, health and financial levels. At the very least, he or she risks prison,

unemployment and divorce. However, everyone can be angry and the challenge is how to express this anger. So learning to manage anger is a social obligation.

Anger is based on pain and the interpretation of that pain and is directed at the angry person or those around him or her in the form of physical aggression, verbal aggression, and anticipatory and harmful decisions. The angry person who feels rejected or threatened hides his or her fear, shame, vulnerability and guilt under the guise of anger, especially if he or she has high self-esteem.

Anger is especially dangerous when it becomes chronic and its consequences are multiple to the point of leading to depression. Different schools of thought such as humanists, behaviorists, spiritualists, dynamists and psycho dynamists have proposed emotional, cognitive and physical therapeutic solutions to manage anger.

However, this article focuses on the person who is angry or suffering from chronic anger. Our essay is intended to be from the perspective of the person experiencing the anger. What can he/she do to protect him/herself on the one hand and on the other hand to evacuate the anger of his/her interlocutor whom he/she loves and/or with whom his/her interests are linked.

RATIONAL

In an article entitled " Released the Tight Chains of Anger" published in 2019 by Annemarie Scobey, the author tells the story of a client of a law firm who, in the grip of anger, wanted to sue his opponent. He actually won the case, but the expected payoff was less than what the opponent wanted to give him in a settlement. But how should this firm proceed to calm its anger, not go to court and get 20,000.00 US more?

Anger is defined as an instinct of self-preservation and self-defense. However, the one who suffers from this anger, receives it as an aggression and an attack and sometimes he is forced to deal with this anger that comes from his interface.

What should a partner do if he wants to keep a relationship for emotional, financial, social and religious reasons? An employee who has to protect his job that he is not ready to give up in front of an angry employer? A service firm that depends on the fees of an angry major client. A parent who has to keep his angry son from going to jail for violent acts.

People who suffer from the anger of their sometimes parental or professional interlocutors suffer in two ways: on the one hand, the consequences of this anger on their lives and on the other hand the negative impact on the life of the angry person. Sometimes, they live a life of regret, suffer from cardiovascular diseases, end their days in prison and often die early. Seeing them suffer makes you suffer because they are people with whom you have strong emotional ties.

PERSPECTIVE OF THE ANGRY ONE

Natasha is in excruciating pain from the birth of her second daughter. When she arrived at the hospital she refused to comply with the demands of the hospital staff and began to call them names. She had delivered her first daughter before she even went into the delivery room and she wanted the same for her second. She felt good on the floor as the nurse ordered her onto the delivery table. Natasha wanted to go home and at the risk of giving birth on the street. A decision that could have put both her life and her baby's life in danger. It was necessary to intervene to convince Natasha to collaborate with the medical staff and for the latter to understand the anger of this woman in labor.

Natasha was in pain in her gut and felt that she could give birth better on the floor than on a delivery table. She felt rejected by the hospital and feared for her child who was in danger of dying. This made her angry at the medical team. Instead of blaming herself, she blamed the midwife. Feeling vulnerable and afraid, she became angry and wanted to leave the hospital.

HOW TO DEAL WITH AN ANGRY INTERFACE?

An angry person becomes violent most of the time and that is why he can end up in jail. Therefore, it is important to put yourself in a defensive position to avoid any possible physical aggression. It is not at all advisable to stand next to an angry person unless you have a way to control him if he commits a violent act. The choice of a deterrent weapon capable of making the aggressor calm down is not encouraged either, because in an angry situation one often loses the reflex of reason. And we can end up with two angry people where everything becomes possible and this can even lead to voluntary or involuntary homicide.

The aggression may not only be physical, it could also be verbal and may lead to insults, dismissals and even revocations on the spot, cancellation of contract etc. To avoid these decisions which will become regrettable after a few hours, it is better not to resist the angry person. This is not the best time to convince him that he is wrong. It is better to assume the wrongs even temporarily and wait for the favorable moment and better disposition to clear things up.

Harry gets angry with Lamarre and tries to hit her for insulting him. In return, she draws her knife in reaction. Had it not been for the presence of other people present, this could have ended in disaster.

A person's anger can be directed at themselves or at others. It is the product of pain and thought which may be an assessment, an assumption, an evaluation or an interpretation.

PAIN X THOUGHT = ANGER AGAINST HIMSELF OR OTHER => BAD ACTION AGAINST HIMSELF OR OTHER

So, dealing with an angry person would require addressing the two factors of anger which are the felt pain and the thought. Once they are negated the anger will fade away.

Cod was about to commit to Junior in marriage. She was in her final year of medical school and worked at the hospital from morning to night and every day. She had asked her fiancé to suffer a year before this big decision of her life. The fiancé got sick without her knowing because they didn't even speak and died. A year after the death, she was still angry at herself for not knowing in time and was suffering greatly because of this loss.

The angry person is usually experiencing a loss, whether it is the loss of a loved one, an organ of their body, an asset of high emotional, social or financial value, their image, their reputation being tarnished. It is up to you to help her grieve, to find what she is losing or what she has lost or at least to help her live with this loss.

Grieving is a concept created by the psychoanalyst Sigmund Freud in 1917 and appropriated by Elisabeth Kübler-Ross. It is a process where one must learn to live with a loss of some kind. It goes through seven stages according to the psychiatrist Elisabeth

which I summarize in three: denial, collapse and recovery. The most crucial phase is the second one and anger', this mixture of pain and all kinds of thoughts is there. By undergoing this anger, the person in question should be helped to mourn the loss.

Losses sometimes open the way to better opportunities or to avoid greater potential threats. They are a kind of education for our life in the future and even a reason to fight for our survival and to shape our destiny. The task is to convince the sufferer to understand all this. If we succeed in doing this, we have won the bet, but above all we must allow the person to express his suffering and even to cry, because crying has a therapeutic value.

PAIN X THOUGHT = ANGER / 2

We must try at all costs to calm the pain of the angry person. But no painkiller can be effective without identifying pain. Active listening is an effective tool to get hold of the real pain felt. An anger whose pain is gone is half resolved. It is now up to us to tackle the thinking that supports the anger like a fortress.

The movie *Emily in Paris*, an American television series created by Darren Star and aired since October 2, 2020 has very well described a scene of anger. Emily is a good friend of Camille and is aware of her relationship with Gabriel, a chef, that he had decided to break up with her for professional reasons. Strangely enough, Gabriel fell in love with Emily and before leaving for another part of the country, in the evening of goodbye they kissed, hoping that they would not see each other again. Gabriel gave her a stove with her name engraved on it. But the next day having obtained a new and very attractive professional offer Gabriel decided to stay there and not to travel anymore but there was

no commitment between Emily and Gabriel. Besides, Emily did not want him either out of love and respect for Camille. But by chance Camille saw Gabriel's stove at Emily's house and concluded with furious anger that she had betrayed him by having a love affair with Gabriel. And yet, it was all wrong. Anger that is based on a misinterpretation of a fact.

The thought is sometimes an evaluation, an assumption, an interpretation of what the angry person has seen, heard, learned from yourself or from another. You have made inferences and drawn conclusions with logic reinforced by some background.

We generally interpret according to two brain mechanisms: bottom-up and top-down. The first one is based on our senses which send information to our brain that builds our knowledge following the trial and error technique. Sometimes we make mistakes because, for example, holding a piece of ice in our hands for a certain time warms it up, but the ice is cold at less than zero degrees.

But from our brain we also interpret the environment following the top down mechanism. Gaetano Kanizsa's triangle test shows that we can build an interpretation from a number of facts and the missing data we add from our knowledge. But, our brain uses the already existing and/or most used cognitive structures to interpret. Our interpretations often depend on our expectations, our motivations, our traumas. Thus, the risk of being wrong is high for any new reality that we interpret. This is what sometimes explains unjustified tantrums.

Therefore, calming someone's anger consists in proving to him that his interpretation of the facts that make him angry could be wrong.

The angry person who storms off, sometimes spouting a stream of ranting words, is easier to calm than the one who is silent. It is enough to listen carefully and to detect the interpretation of the facts which made him angry. It is usually a series of apparently logical reasoning intermingled with passions, and unspoken words. By proving to him that his interpretation is false by irrefutable evidence, his arguments are lame, his lack of information because there is a proverb which says: "Not hearing well is a source of conflicts" his anger will calm down. On the other hand, if what is being said has merit, you must admit that you are wrong and apologize. Then the anger will disappear.

For the person who is angry but remains silent or adopts an attitude of contempt and indifference, it is necessary to encourage him to express himself by open questions. By dint of insisting she will end up presenting her grievances against you.

However, you must always reassure the angry person of your good faith, of your loyalty to him/her, of your long and enriching experiences with him/her, of all the previous commitments you have made together in order to revive his/her confidence in you and obtain the benefit of the doubt.

MY PERSONAL EXPERIENCES

While I was taking this course on anger, one evening a friend called me on the phone. I said hello, and he started hurling insults at me, accusing me of all the wrongs in the world for a good five minutes. His phone was on speaker so that his entourage could hear his words. Meanwhile, my wife was also listening close to me.

This course helped me to listen carefully to him talking about himself and how the work he had to do for me I waste it.

I asked him a question: What did I do wrong? He answered: Someone had told me about his file that he was managing for me and I had to inform him. I said to him: Tell you the confidence that someone made me? At this question he was speechless. His anger had disappeared and he felt embarrassed not knowing what to say. Indeed, he was hiding his misdeeds and was afraid that I would know about it. Indeed, I knew about it but I didn't tell him anything to protect us both, because a threatened man becomes a potential danger for the others.

CONCLUSION

A person suffering from chronic anger is a public danger because he or she represents a threat to his or her family (wives and children), to his or her professional career because he or she risks losing his or her best employees or will not be able to keep a job for long. Her health is at risk because of the cardiovascular diseases she may suffer.

In an anger management situation there are at least two people: the one who is angry and the one who is subjected to this anger and who can also get angry. This essay has tried to place itself in the perspective of the one who is subjected to the anger of another and how to avoid that he/she becomes a victim on the physical, social, professional and financial levels. Because the one who is angry can sometimes punish us even wrongly

First, there are two attitudes to adopt: To protect oneself from physical aggression, he/she must keep a distance from the angry person and avoid all physical contact; to verbal aggression, he/she must respond with the greatest respect or not respond at all. The second attitude is the active listening of the expression of this anger because it will help

him/her to understand what made him/her angry and the weaknesses of his/her argumentation and with which it will convince him/her.

Since the person who is angry is suffering from a physical or emotional pain, if we want to help him with his anger it would be better to calm this pain. Then, since to this pain is added a thought, a true or false interpretation and most of the time false it would be necessary to demolish at all costs this logic of thought built on incomplete, inaccurate or erroneous information. The regrettable remarks made about him will be discussed in peacetime.

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