

## Healthy anger – resentment – rage

Healthy ANGER is nature's prime, instinctive and necessary response to fear and offence, and its worth having!

However, when it turns to unhealthy anger, resentment or rage it can cause significant difficulties with symptoms that include headache, tension in the body, held breath, clenched fists, grinding teeth, flushing (face and/or neck), sweating, paling ('white with anger'). Some people feel it like a slow burn rising up through them and others like a rush or a flood.

Adrenaline and noradrenaline course through the blood propelling you into action in response to a flight, fight or freeze event. In the brain, the amygdala is over stimulated (responsible for emotion) and the frontal lobe (responsible for reasoning) is overwhelmed.

Anger is often related to FEAR and PAIN. Regularly being in this state can cause damage to the heart, liver, kidney, immune system, and mood, often leading to anxiety and depression, and is considered a major player in ill health and premature death.

RESENTMENT is when a person goes over a negative experience again and again and feeds on the feeling causing them to be increasingly hurt and angry. No longer open to discussion, they become well defended and convinced of the evidence and their position, leading to perception of self as victim, rescuer or persecutor. Laced with judgment, entitlement, self-righteousness and opinion from an either inferior or superior position, there

is rarely any middle ground, circulating thoughts around blame; what you think someone else should or shouldn't have done/thought/said/felt: resentment has strong links to EXPECTATIONS.

RAGE is old anger and resentment stored away, so it sits there like a mine, liable to go off under stress, a misplaced comment or event, or due to tiredness or guilt. Rage is fuelled by 'yesterday's news' and has NO PLACE in a healthy person's 'today'.

Rage is as much about the person who is experiencing the feeling as the triggering event. The hardest part of working with someone with rage is getting him or her to focus on themselves not on the trigger.

Rage attacks can be emotional purges where old emotion is taken out on another person. It is often followed by denial and shame. The person who suffers from rage has usually been badly hurt in the past and has hidden it, even from him or herself.

So they are often the hardest to reach, as they often do not believe that their behaviour is as bad as it is.

Learning how to handle this powerful and important emotion can literally be the turning point for a happy healthy and fulfilling life.

**If you think you suffering from anger issues then give us a call, we can help**

**Call 020 7323 4970**

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