

Anger Myths and the Truths that Bust Them



Anger is Behaviour

FACT:

Anger is an EMOTION. It is universally experienced and universally recognized facially. Anger is defined as a strong feeling of displeasure or hostility.



Anger is Bad

FACT:

Emotions are neither good nor bad. We shouldn't judge anger any more than we judge happiness. Emotions simply are what they are.



Anger Should Not Be Expressed

FACT:

If anger is an emotion to which we assign NO judgement, it follows that we should be able to express anger just like any other emotion.



Anger and Aggression are the Same

FACT:

Anger is an emotion. Aggression is a form of behaviour. There are many ways to express anger that are not aggressive.



Women and Children Should not Express Anger

FACT:

Everyone has the right to feel and express emotions. Children must be taught to distinguish between how they feel and what they do.



Expressing Anger Leads to Negative Outcomes

FACT:

History is full of examples where people were angry and generated positive outcomes for their family, community, and the world. We can choose to express anger safely and appropriately with a view to resolving the problems that caused it in the first place.