

Spirit Level Success™ System - Six Secrets of Self-Esteem

Secret #2 SPIRIT – Week 6

S.H.I.N.E.™ - Emotions (part 3)

Turn your attention now to the emotion of anger. There are many occasions where it is completely appropriate to feel anger. Anger needs to be expressed appropriately not suppressed, as this can lead to longer-term issues for your health and wellbeing. You may be able to recall instances of where you have witnessed other people expressing anger in a way which is inappropriate because it is harmful in some way. Maybe you personally have a tendency towards expressing anger inappropriately. Suppressing anger by holding it inside can literally lead to dis-ease. It can and will feel uncomfortable, even if you don't necessarily realise it at the time. For some people, suppressing their anger (or any other emotion) will act as a subconscious trigger to use external substances as an emotional crutch and coping mechanism to keep the anger pushed down even further. Managing the discomfort can manifest itself in compulsive over-eating, excess alcohol consumption, gambling, drug abuse, addictive spending habits and so on. These types behaviours will usually be an outward reflection of an internal emotional struggle.

Anger in itself is not the issue. In the right circumstances, it is a normal, healthy emotional response. But if you feel anger at times when it isn't appropriate, or you express your anger in ways that are inappropriate, then you know it's time to do some work on yourself.

The overriding consideration at all times is how your anger is expressed. Because when you express it in a way which is healthy and appropriate, it can dissipate into the ether and you can let it go. So that it never holds any weight over you at any time in the future and you don't risk feeling guilty years later for how you acted at the time.

Think back to when you were a child and answer the following questions. Whether it was at home, at school or somewhere else, how did you notice the adults or parent-figures around you express their anger? (this can include your actual parents, older siblings, teachers, older children at school or in your community, relatives or anyone else who had an influence on you whilst you were growing up)

What used to happen? What did you see them do? Describe this in as much detail as possible. Did they shout? Swear? Lash-out? Break

something? Did they hit somebody or something? Did they cause damage? Did they self-harm in some way?

Or did they express it in a healthy way, such as putting on the headphones and listening to music? Going for a run? Going for a drive in the car with the music on full blast? Describe this in as much detail as possible for all of the significant adults and parent-figures who were around you at the time;

Or were they not allowed to express their anger? Did you live in a family where Dad ruled the roost, and Mum learned to be compliant and submissive?

Were you yourself encouraged to express your own anger as a child and, if so, in what ways were you allowed to express your anger?

Were you prevented from expressing your anger? Or were certain expressions of anger allowed, and others punished or reprimanded?

What is your relationship to anger now, as an adult?

How do you express your anger now?

How do you feel after you have expressed your anger in a way which isn't healthy or appropriate? And how long does that feeling stay with you?

Is there a healthier way you could you choose to express your anger now as an adult, as you gain new insights about yourself? What could you do differently?

Today is the first day of the rest of your life and you are always at a point of choice. Whatever you have done in the past, and however you have responded in anger previously, you can choose today to draw a line under that. And practise having a different relationship to your anger.

If whatever you have been doing works for you, and allows you to hold your dignity and integrity afterwards, that is wonderful and please don't change anything. If it doesn't, now is the time to reflect honestly and to make a change. To decide that things are now going to be different.

**Congratulations – you have now successfully completed Secret #2
of the Spirit Level Success™ System – Six Secrets of Self-Esteem.**