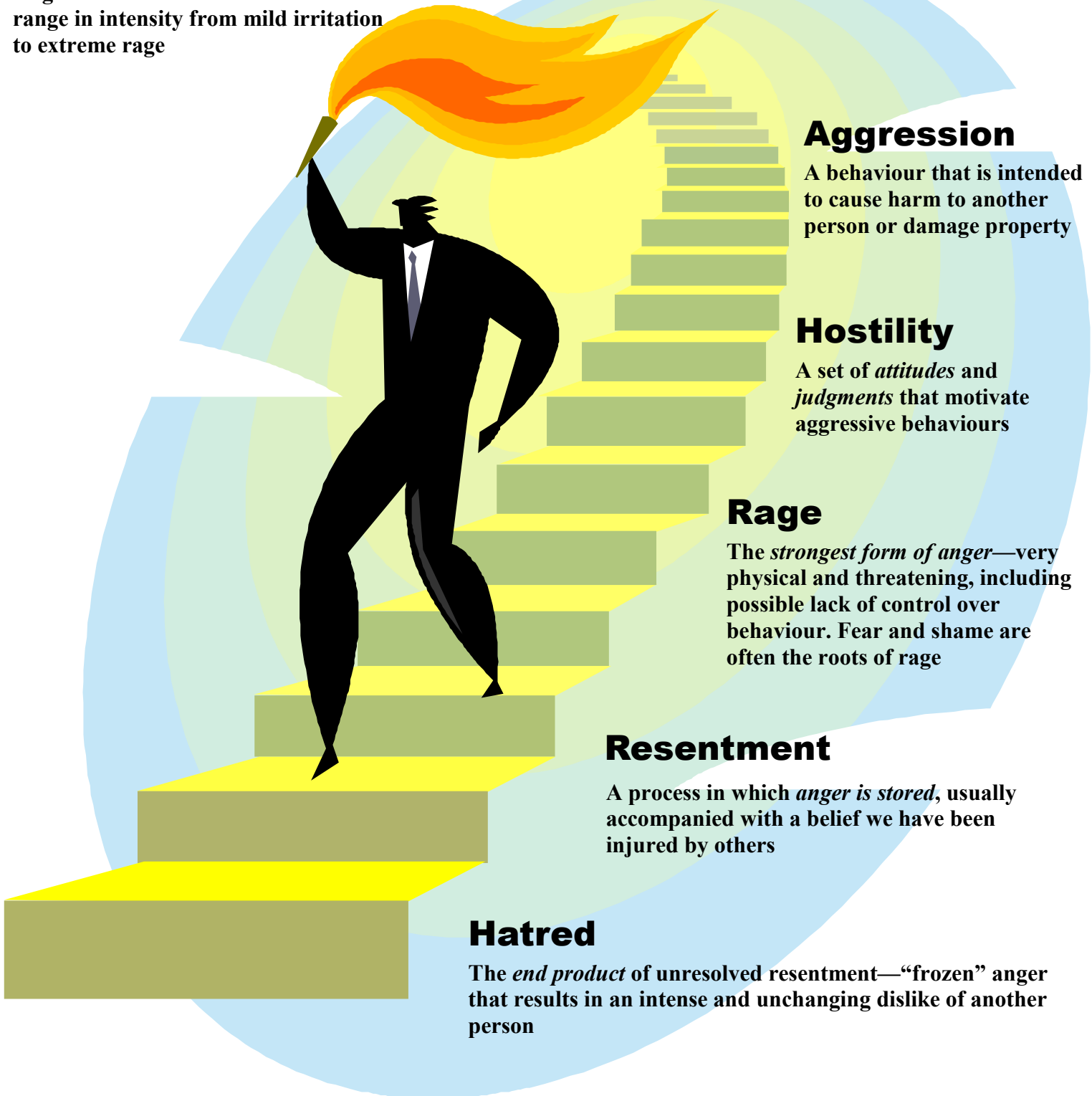


Steps of Anger

Anger is an emotional state that can range in intensity from mild irritation to extreme rage



A key point is that anger contains energy. Anger is not stagnant. Anger does not go away if we just ignore it. Anger goes somewhere by transforming itself (usually into resentments). We either express anger or contain it. If we don't appropriately address why we are angry, then we either implode or explode. In either case, we turn other people or ourselves into casualties.