

# Anger

By Rusty B

From the AA "Big Book" page 66, Chapter 5 "If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for the alcoholics these are poison." Reading this when I first got clean told me I was not allowed to get mad or so I thought.

Anger is a normal natural part of our human existence. It is a way that our HP says that our boundaries are being crossed. Time to look at what is causing my anger.

It took a while, but I learned that anger is a secondary emotion. Meaning that there are underlying emotions that cause it. Fear, pain or frustration or a combination of two or all three. Dealing with the underlying cause is the fastest way for me to resolve my anger.

## Fear

What am I afraid of? Am I afraid I will lose something? Or not gain something I really want? Will you see me differently than I want you to? Will I not be accepted or loved? Is there a perception that my finances or comfort or security or self-esteem are being threatened? Or is abandonment my issue?

## Pain

Do I hurt? Is it emotional or physical or pride or spirit?

## Frustration

Are my expectations not being met? Of myself or of others? Am I feeling rushed?

These are the things that I ask myself.