

Lesson 13: Anger

Objective: To recognize anger and control it.

Silent Sitting:

Discussion: Lord Krishna identifies the six-fold enemies with the mind as desire, anger, greed, delusion, pride, and jealousy. These enemies cause discomfort and sorrow to oneself and others. They also hold back one's emotional growth and maturity. To overcome these enemies we have to first recognize their presence in the mind.

Enemy Number 2 – Anger

- The more intense the desire the greater the need to fulfill it. Whatever comes in the way of fulfilling the desire evokes anger.
- When the mind filled with anger one acts without thinking, and later regrets.
- Anger is a reaction to the situation.
- Anger makes you sick.
- One needs to develop alertness by which one can recognize anger as it arises.
- Gaining control over anger or other emotional reactions is a value that needs lots of practice.
- Overcoming anger results in a mind that is stable and promotes spiritual growth.

What causes anger?

1. Genetic theory – in the genes
2. Learning theory – it is learnt behavior
3. Environmental factors – too much light, noise, heat, crowds.
4. Physiological factors – lack of sleep, hunger, food allergies, chocolate, sugar, hot spicy food

Our expectation of others and our need to control the situation to the way we like causes us to be angry. Only person you can control is you.

What to do?

1. Be aware of anger.
2. Learn to communicate
3. Lower your expectations
4. Take deep breathe
5. Relax
6. Drink a glass of cold water
7. Lie down on the floor
8. Take a walk
9. Avoid talking when angry
10. Try to laugh.

ROBERT LOSES HIS TEMPER

by Tessa Hillman

My brother, Sam, and I did tend to quarrel over silly things sometimes. It was because we were both very strong willed, my mother said. We both wanted our own way and when the other would not agree, we would fight. My father did not allow us to argue. He said it was bad for the whole family to have squabbling children. It made everyone feel bad. It gave my father a headache, frightened my sister and made my mother irritable. So, we were not allowed to fight. We had to find better ways of sorting out our problems.

One day, Sam and I had a disagreement over my bat and ball. He wanted to take them to play with his friends. I said that he could not, because he might lose or break them. Gradually our discussion became more heated and we started to shout at each other. Sam said I was really mean and that I was never willing to lend him anything. I said that every time I did, he lost it, so I was not going to lend him anything again.

“Oh, yes you are!” he shouted and grabbing the ball, he ran off.

I chased after him with the bat. I was really angry.

In and out of the barns we ran, with him screaming in fright, and me yelling in anger. When I finally caught him I smacked the ball out of his hands very hard with the bat. I hit his hands in the process. This was too much for Sam. He jumped on my back and started to punch my head with his fists.

At this point my father appeared. He ducked his head under the low barn door and peered at us in the dim light.

“Come outside at once!” he said very sternly. “You boys have been told that you should not fight, but here you are, screaming and yelling, and even hitting each other! How do you manage to get into such a state? Is anything so important that you have to behave in this dreadful way? What could matter so much that you actually have to hit each other? When you do hit each other, is the problem solved? I doubt it. You will just wait until the next opportunity to have another fight, upsetting the whole family, so that whoever was the loser can get his own back. Fighting and anger are not the way to solve problems. Hitting each other does not make for a fair decision. It is foolish behavior. If you cannot solve things by discussion, then go off and think about it. Take the trouble to work out why you feel angry and why your brother does too. Try to put yourself in your brother’s shoes. Think what you have done to make your brother angry and what you might have done for things to turn out better.”

QUESTIONS:

1. How did you feel when you heard this story?
2. How did the brothers’ fighting affect the family?
3. Have you ever been angry and had a fight with someone?
4. How did you feel afterwards?
5. Did it solve the problem?
6. What could you do if you feel angry instead of fighting?

Activity: Scrapbook page for Anger

Name: _____

Lesson 13 Homework

1. What are the ways you can calm down when you get angry?

2. How is anger harmful to you and others?
