



Newsletter

MY FRIEND ANGER

We often associate the word "anger" with negative imagery: clenched fists, raised voices, and lingering resentment. It's an emotion commonly categorized as undesirable, something we should try to suppress or avoid whenever possible. But what if this negative reputation obscures a more helpful truth about anger?

Anger has become a very good friend of mine over the last two decades. Emotions are such a beautiful gift from God. It took a while for me to appreciate all that anger has to offer. Here are a few reasons why I count anger as a friend.

Anger detects

At its core, anger often ignites in response to perceived injustice, disrespect, or the violation of my boundaries. This powerful emotion acts as a critical alarm, signaling that something is amiss in my surroundings or my relationships.



Anger protects

A vital function of anger is to help us establish and protect healthy boundaries. When I experience unfair treatment or someone crosses a line, anger acts as an internal alarm,

empowering me to be assertive. It gives me the emotional fortitude to say "no," to insist on respect, and to protect my physical and emotional well-being. Suppressing the natural emotional response of anger can lead to being taken advantage of and a buildup of resentment



WHAT I KNOW

Anger is a powerful emotion, and I found that its benefits are fully realized through healthy expression and management. The focus that accompanies anger can surprisingly be a catalyst for creative problem-solving. When confronted with frustrating obstacles, the emotional energy can ignite a drive to find innovative solutions and fuel the determination to right a wrong. Developing the ability to recognize the onset of anger, understand what provokes it, and implement constructive management strategies has empowered me to navigate the feeling of anger more effectively.



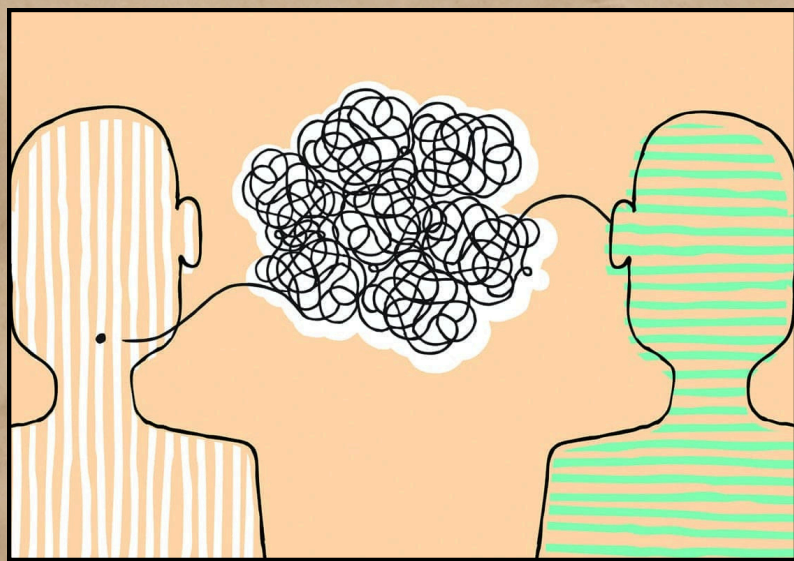
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Anger illuminates

Delving into my anger is a profound journey of self-discovery. By honestly examining my reactions, I unlock valuable insights into core beliefs, priorities, unmet needs, and underlying vulnerabilities. This deeper understanding fuels incredible personal growth and a richer awareness of my own emotional landscape.



Anger informs



Rather than internalizing frustration, I learned to constructively express my anger to communicate my needs and feelings assertively, leading to more honest and direct interactions. I can now

express displeasure clearly and respectfully, avoiding aggression, and ultimately fostering deeper connections.

WHAT I WANT YOU TO KNOW

This complex and powerful emotion, anger, calls for mindful attention and understanding. Rather than instantly judging it as negative, recognize its inherent potential: it can signal important information, motivate you to act, protect your boundaries, illuminate your inner self, foster honest communication, and even inspire creativity. By cultivating healthy ways to experience and manage your anger, you can unlock its power to drive positive transformation and enrich your life with authenticity and fulfillment. The next time you feel my friend, anger, rising, pause and listen to its message. You might be surprised by the insights and strength you uncover.

CONNECT

Consider me a dedicated resource, ready to listen without judgment and offer practical support as you navigate struggles, deep hurts, worries, and the lingering shadows of past traumas and disappointments. With me, you'll find a safe space where your concerns will be heard, deeply explored, and understood, setting the stage for healing, personal growth, and a brighter sense of hope. Reach out and discover how I can help you find strength and clarity to move forward through life's inevitable difficulties.



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