

Our overall idea of anger is that it is bad and feeling this emotion makes a person “unreasonable” or at its worst, abusive. Recently while listening to the podcast titled “What’s Good About Anger?” by the *Anger Management institution*, Lynette Hoy presents daily tips and tricks, to better manage this dreaded emotion(an emotion I dread at least, or did). Anger sometimes can follow up with shame, guilt or depression. Sometimes, as Hoy describes it, that shame is false. Taking responsibility for your own actions is the first step to identifying if that shame is yours for the taking, or if it’s all in your head.

Throughout her series so far, I've learned that anger is fear presented in a different way. Fear that your spouse will leave for example, would cause me to anticipate these things to happen, then lashing out at my partners/family when I do in fact see them. Hoy in one of the podcasts speaks about how anger starts with our thoughts and self talk. I didn't really notice until recently how important our internal voices are to us having a good life. Without going too deeply in, for things to improve, intentions and self love are two of the most important things needed, in order to sustain a healthy lifestyle. Aside from physical ability, mental health has to be prioritized for just as much or more.