

ANGER

Talk #1

“The Root of Anger is Pain”

I want to spend a minute talking with you about where anger comes from.

Perhaps you have heard the saying: “Hurt people hurt people.”Let me say that again: “Hurt people (are the ones who) Hurt people.” Yes, it’s true...and it is hurt and pain that are at the root of our of anger.

When we are HURT by someone.

...or. . .

When someone or something causes us PAIN

– THAT is when we often feel the red, hot emotion of ANGER.

You may think that venting your anger is

- healthy,
- that the people around you are too sensitive,
- that your anger is justified,

or

- that you need to show your fury to get respect.

But the truth is:

- that anger is much more likely to have a negative impact on the way people see you
- that anger is likely to impair your judgement
- that anger is much more likely to get in the way of your plans for your future and the hopes you have for success.

We get hurt by others all the time, and our instincts tell us to retaliate. The World tells us it is ok to strike back.

Speaker:

Recall a situation where you were hurt and it made you angry enough that you retaliated.

Discussion Questions:

What kinds of things make you angry?

How do you respond when someone makes you angry?

When have you been the one who caused pain?