

# Women's Psychological Health

## Anger Can Get You What You Want!

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### Anger as “dream-provoker”:

Anger can provoke insight into what is blocking you from reaching your dream. By investigating the real reasons for your angry feelings, you get vital information about what's important to you. The power of your anger can force you to act towards a more fulfilling and empowering life.

### Anger might be a signal from your Authentic Self telling you that:

- Your needs and wants haven't been met
- Someone has hurt you
- You haven't been following your heart
- You have been too afraid or sad to do what you really love to do
- A relationship is keeping you from growing
- Old patterns of behavior are no longer sufficient
- You give or do too much (overfunctioning)
- You let others give or do too much (underfunctioning)

### The Nice Girl Syndrome\*:

If you don't like anger and conflicts, and avoid showing or even feeling anger, you are pushing anger underground. Underground anger is boiling under the surface of your consciousness and surfaces as outbursts of rage. By avoiding anger nothing is gained. On the contrary. Nobody gets to know your real feelings and what you want and need (including yourself).

If having a relationship without any conflicts is more important for you than showing your real feelings, your sense of connection to your authentic self is suffering.

When you finally explode in rage, (because anger can't be suppressed indefinitely), you confirm you own worst fear about expressing anger; which is that anger is an irrational and destructive emotion that you have to avoid at any cost. You fear that your anger will ruin your relationships, and you might fear abandonment. You feel guilty (instead of angry) and decide to further avoid feeling and/or showing any anger. The nice girl doesn't know what she wants and rarely dare to dream of something better.

### The Bitch Syndrome\*:

If you get angry easily, but complain and blame others in order to force them to change, and you don't change own behavior – nothing is gained. On the contrary, you are seen as an angry complainer whom others don't have to listen to or take seriously. People don't want to be forced to change.

Complaining and blaming camouflages feelings of helplessness and powerlessness. The real problem (that you are angry about) is never brought to light, and without an awareness of the problem, the possibility of creating real change decreases. For the bitch, anger is not used as a way to change things for the better, but as a way to vent excessive anger and frustration, which ultimately makes it harder to find real solutions. You are angry for a reason, but when your anger is without a clear address, delivered without precision and control, you make other people angry instead of creating sympathy for your situation. Unfair fighting leaves you without a chance of finding solutions. It creates

bitterness and leaves you feeling unfairly treated, which again increases your feelings of hopelessness and powerlessness.

The nice girl and the bitch are basically in the same position. One is avoiding anger, the other is boiling over with anger. They are both left with increased feelings of helplessness and powerlessness, because their anger is never truly heard, and the problems that cause the anger in the first place are never resolved. They both decrease their ability to create positive visions for the future.

**How to use anger as a “dream-provoker”:**

Start by increasing your awareness of your anger, frustration or rage as a signal that something is not right in your life and that a change is needed. Try to look at your anger as an expression of frustrated dreams. Ask yourself:

What is the real problem here?

What is your anger (or whatever form it is taking i.e. frustration/sadness/boredom) telling you that you need and want? Remember that depression can be anger turned toward self.

What is the highest vision you can hold for yourself at this point?

What kind of life have you always dreamed of living?

How are you insuring that other people know what you want and need from them?

Use the power of your anger in constructive ways. If you do, your anger can provoke an empowerment process leading you to live the life of your dreams.

*\*Modified from and inspired by Harriet Lerner: “The Dance of Anger”*

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