Happiness Lessons for When You are Angry

How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org
Anger happens at all ages, from the very young to the very old.
Anger has many forms

Rage.
Blame.
Grumpy.
Self-hatred.
Discontent.
Resentment.
A short fuse.
Stubbornness.
Self justification.
Critical of everything.
Not caring about yourself.
Unable to find satisfaction.
Destructive or risky actions.
Urgently solving the problem.
Sometimes anger is part of the grief process.

It’s important to feel your feelings.
Anger suppressed becomes depression and that dead feeling inside.
It is important to talk about what makes you angry.
If you need to act strongly to express your anger, then act out your anger in a safe place and way for everybody concerned without hurting or damaging anything.

- Punch a pillow.
- Slam a door.
- Scream alone.
- Stomp walk.
- Work out.
- Dance
- Play hard.
- Tear up paper.
- Hammer on wood.
- Listen to loud music.
An angry act and an act you take because of your anger are not the same thing.
When you express your anger, take care not to escalate the situation and create a cycle of pain and suffering.

If your angry act (this includes words) has hurt someone, including yourself, never be afraid to say you are sorry.

Saying your sorry is not the same as giving an explanation.
Expressing anger often starts with expletives and swearing.

Talk about your anger until you can explain it fully and calmly.

Talk about your anger until you get to the point that you understand why you are angry.
If talking is hard to do, write it down first
Once you fully understand your anger, you can start to rethink it.
When you are angry, it is almost always for a reason.

Explore why you are angry.
You may be angry about something you expected to happen but did not, or something that happened that you did not expect.

Take time to look back on the situation and rethink it.
Anger points the way.
Anger can tell you what you should do when you understand why you are angry and can act calmly.
It is important to talk your anger through until you can make considered and wise decisions.
To sum up:

Safely express your anger.

Apologize if you have hurt someone.

Talk about your anger.

Understand your anger.

Rethink your anger.

Use your understanding of why you are angry to point the way to wiser, better actions for happiness for you and others.