

## quotations on anger

The perception of unfairness or injustice is the ultimate cause of most, if not all, anger. In fact, we could define anger as the emotion which corresponds in a one-to-one manner to your belief that you are being treated unfairly.

**Other people have free will, and often think and act in ways that aren't to your liking . . . Your attempts to coerce and manipulate people with angry demands most often will alienate and polarize them and make them much less likely to want to please you. This is because other people don't like being controlled or dominated any more than you do.**

*The rules that get you into interpersonal difficulty often won't appear to be malignant. On the contrary, they often seem highly moral and humanistic.*

Much of everyday anger results when we confuse our own personal wants with general moral codes. When you get mad at someone and you claim that they are acting "unfairly," more often than not what is really going on is that they are acting "fairly" relative to a set of standards and a frame of reference that differs from yours. Your assumption that they are "being unfair" implies that your way of looking at things is universally accepted.

**You may fear that you will be a pushover if you change your expectations and give up your anger. You might sense that other people would take advantage of you. You probably believe that if you didn't make demands on people you'd end up empty-handed.**

Remember, it is actually your thoughts that create your anger and not the other person's behavior.

Unlike depression, which tends to be steady and chronic, anger is much more eruptive and episodic. By the time you are aware you are upset you may already feel out of control.