ANGER is a MANIFESTATION of our FEAR

***"*Nothing *in life is to be* feared*, it is only to be* understood*. Now is the time to* understand more*, so that we may* fear less*." Marie Curie Quotes.

- **FEAR manifests when we feel forced to confront new information that clashes with our established ideas or concepts regarding our physical or emotional safety.**
- **When we have an approach to life where we resist opening up to new information, concepts or ideas, we will limit ourselves to a familiar environment and could become stuck in a lifestyle controlled by fear and lack of joy.**
- **If we keep an attitude of curiosity regarding any new information, ideas or concepts coming our way, we gain knowledge and wisdom, we will avoid fear of living, and our life becomes a wonderful path full of excitement and joy.**

We are all born with basic psychological survival instincts where self-centeredness and fear are among the most compelling ones, as they are related to our physical survival. We are also born with other natural instincts such as curiosity and an inclination to seek joy, which we focus on mainly when we are not concerned with survival.

Self – centeredness, or being focused only on our needs, desires and feelings, while indifferent to or unaware of other people's needs, feelings and desires; is a survival imprint that allows us to impose our needs on those of others, commanding care from people around us when we are extremely vulnerable, just after we are born.
Our needs of food, shelter, company, attention must be met by others at this time of our development.

As we grow, we must be taught by our parents or other care givers to pay attention, consider and care for other people's needs, desires and feelings so we can learn to develop emotional bonding as well as boundaries with others. This way, we could be able to establish positive interactions with others in preparation for a successful, independent life away from our family as adults.

We normally start exploring the world around us based on our curiosity and our tendency to seek joy. Fear of the unknown serves as a helpful tool to balance out our curiosity. As a result of our exploration of the world, we become exposed to different experiences positive and negative, we start learning and sorting out what experiences we want to repeat or to avoid.

NOTE:

- IF OUR BASIC NEEDS AS CHILDREN ARE NOT MET, WE MIGHT BECOME STUCK IN THIS STAGE OF OUR PSYCHOLOGICAL DEVELOPMENT. THEN THROUGHOUT OUR LIVES WE MIGHT TEND TO LIVE IN FEAR OUR BASIC NEEDS MIGHT NOT BE MET AND WE MIGHT CONTINUE DISPLAYING AN ATTITUDE OF SELF CENTEREDNESS SEEKING OR DEMANDING CONTINUOUS ATTENTION FROM OTHERS (JUST AS SMALL CHILDREN DO).
- IF WE ARE NOT TAUGHT BY OUR PARENTS TO PAY ATTTENTION, CONSIDER AND CARE FOR OTHERS, WE WILL CONTINUE TO BE IN THE STAGE OF SELF-CENTEREDNESS THROUGOUT OUR LIVES, UNABLE TO ESTABLISH HEALTHY RELATIONSHIPS WITH OTHERS AS EQUALS.

FEAR

Most fears can summarized as FEAR OF THE UNKNOWN. Fear of the unknown serves to protect us as children yet, as we learn to identify and chose situations of safety, we also build up knowledge. As we grow, situations that might cause us fear should be considered opportunities to develop knowledge and wisdom. The more we develop knowledge and wisdom about a subject, we might actively seek experiences related to that subject that could be scary to others, yet we feel the excitement of continuing to explore the subject until we feel there is nothing else for us to know about it. Then we might move on to other subjects seeking new things we do not know to explore them, excited about life's experiences at any age.

When we are exposed to unpleasant experiences as children and as adults, we should be able to clearly identify the experience, analyze what happened and why, so we can give ourselves the opportunity to change our approach, our perception or our behavior. That way, the unpleasant experience is not repeated again. In other words, we should be able to learn from our bad experiences and mature, so we can succeed in our endeavors, and ultimately develop our full potential while living a happy life.

The psychological, mental, ethical and spiritual tools that help us analyze and develop wisdom from our experiences must be given to us by our parents or other care givers. Yet, many parents are not able to provide valid emotional tools for their children to deal with events in life, predisposing them to inability to capitalize on unpleasant experiences.

Fear of the unknown can be at the root of unsubstantiated fears, which makes us reject or avoid people, places, situations even though we have never been in contact with those people, places or in those situations.

DE-DEMONIZING ANGER:

Anger/Fear is an important tool we share with other animals and prompts us to develop knowledge and wisdom.

Animal Research has demonstrated that when confronted with inability to distinguish between two stimuli, animals demonstrate either signs of anger or signs of depression.
Animals were conditioned to associate two different visual stimuli: a circle and oval, with two opposite rewards: food (circle) or no food (oval). Then both visual stimuli were made progressively harder to distinguish (oval more like a circle). The animals could not really know whether they would be fed or not, provoking them to change their normal behavior to that of anger or depression. This indicates that we might tend to become angry when we feel there is a challenge to an established mental concept, likely related to a survival need. In the above-referenced case of dogs, the survival need was access to food.

Free Article "From Pavlov to PTSD: the extinction of conditioned fear in rodents, humans and in anxiety disorders Neurobiol Learn Mem. 2014 Sep: 113:3-18

Besides our physical needs, we also have other Psychological needs, like the need to be ourselves to be an individual.

Knowledge is developed in a layered fashion where we initially embrace ideas or concepts based on our experiences or adopt ideas from others (parents/ family). When we are exposed to new information, we compare the new idea with what we idea we already have regarding the subject. We analyze and decide whether to modify our previous ideas or not based on this new information**.** We generally need the new idea to be presented more than once to accept change to our baseline concept (learning).

Yet often, when we feel we have "learned" something such as a skill, an idea, or a concept, our basic fear of the unknown could be triggered again when those established skills, ideas or concepts are challenged by what we encounter in life. Life's challenges therefore are reminders for us to continue evolving our skills and concepts, to acquire wisdom by observing a concept or idea from a different stand point every time they are challenged so we can eventually master that idea or concept.

As adults, unsubstantiated fears can originate from old unprocessed, unpleasant emotional events (trauma) or on current concealed emotional abuse we are receiving from other people.

EMOTIONAL TRAUMA:

If we do not have the proper conscious tools to assimilate and deal with unpleasant experiences, we bury them in our subconscious mind to avoid pain, where they remain to be resolved at a later time.

When we are unable to capitalize on unpleasant experiences, many surrogate psychological mechanisms will develop to avoid dealing with the fears they have originated in us, with **denial** being one of the most basic.

When we chose DENIAL as our fear surrogate, we can either disavow the real impact of the bad experience on our emotions or negate the experience all together. Denial has the advantage that it allows us to avoid the unpleasant feeling momentarily, keep our composure and focus on other issues perhaps more important for our lives at that moment. When we are under emotional pressure having to solve or deal with several issues at the same time, we tend to put aside certain facts or events especially the most painful ones. We tend to deny the facts.
Any denial tool prevents us from processing the cause of our pain, as we push them away from our awareness burying them in our subconscious mind.

As time goes by, we tend to forget those initial unpleasant experiences, and they continue to be hidden in our subconscious mind. These unprocessed emotions of fear, based on past unpleasant experiences, might to come out raw and unexpectedly later on in life in the form of anger when our conscious mind is exposed to a trigger situation, image, word or person that is somehow similar or resembles the initial painful event we have not properly addressed.

Other inappropriate coping mechanisms are: avoidance of the experience (phobias), projecting or blaming others or ourselves for our feelings of fear. According to our culture, upbringing and education we can manifest fear in different manners. The most basic manifestations of our fear include panic and anger. The most evolved manners of dealing with fear is looking for understanding and wisdom.

Most of our unpleasant experiences only prompt trauma if we have not dealt with them properly, and have not acquired wisdom from them by analyzing them appropriately.

One positive element of manifesting our fear via Anger, is that anger is unequivocal, is obvious to us and often to others, we can usually identify its trigger, even though we might not be able to understand the relationship between the emotion and the trigger. Knowing what triggers our anger gives us a starting point to address the fear associated with our reaction. Manifesting our anger lets ourselves and others know what is unpleasant to us. This is harder to do with other manifestations of fear such as avoidance (phobias and isolation), depression, anxiety, panic attacks, and jealousy.

CONCEALED EMOTIONAL ATTACKS FROM OTHER PEOPLE

Are you subjected Concealed Emotional Attacks from other people?

Being subjected to hidden emotional abuse from our family or other people around us is probably more common than physical abuse. Often, we are not consciously aware that we are under attack, but when we perceive hints of this abuse, we will likely react with anger. If we react with anger, the abuser (manipulator) appears to be the victim when they are actually the victimizer.

Many of us tend to create pathological relationships with our relatives including children and spouses, and somehow at work as well.

Refer to answer analysis for more tips regarding this subject. Please keep an Anger Diary to figure out more information regarding this topic. Check support videos. Seek professional help if needed.

DE-CODING OUR ANGER:

When you are angry/fearful ask yourself: What am I scared of at this time? What is unknown to me in this situation?

Is it a driver in front of you doing some unanticipated maneuvers for no obvious reasons: not moving forward on green light, changing speed where you DO NOT KNOW what he is going to do next and therefore might put you in danger, or make you late to your destination (FEAR)?

Is it a coworker/spouse/child of yours who is placing too many demands on you and you DO NOT KNOW if this pattern might put your wellbeing in danger (FEAR)?

Keep an Anger Diary to help you figure out the fear or fears that are at the base of your emotion of anger.

Please refer to answer analysis for more concepts regarding this subject.