



Happiness Lessons for When You are Angry

[How To Be Happy When You are Not Happy lesson from the Happiness Alliance happycounts.org](http://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.

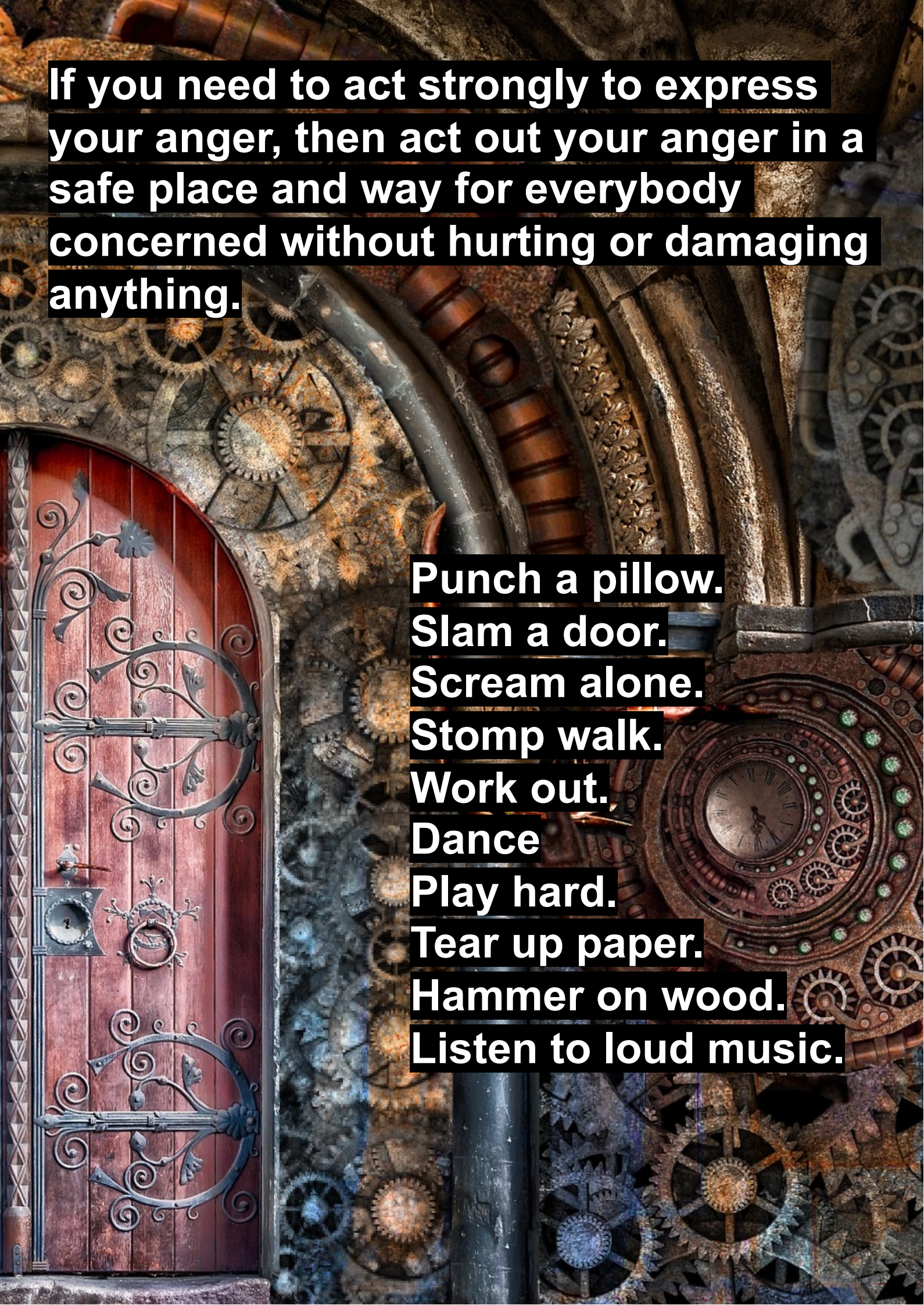


**Anger suppressed becomes
depression and that dead feeling
inside.**



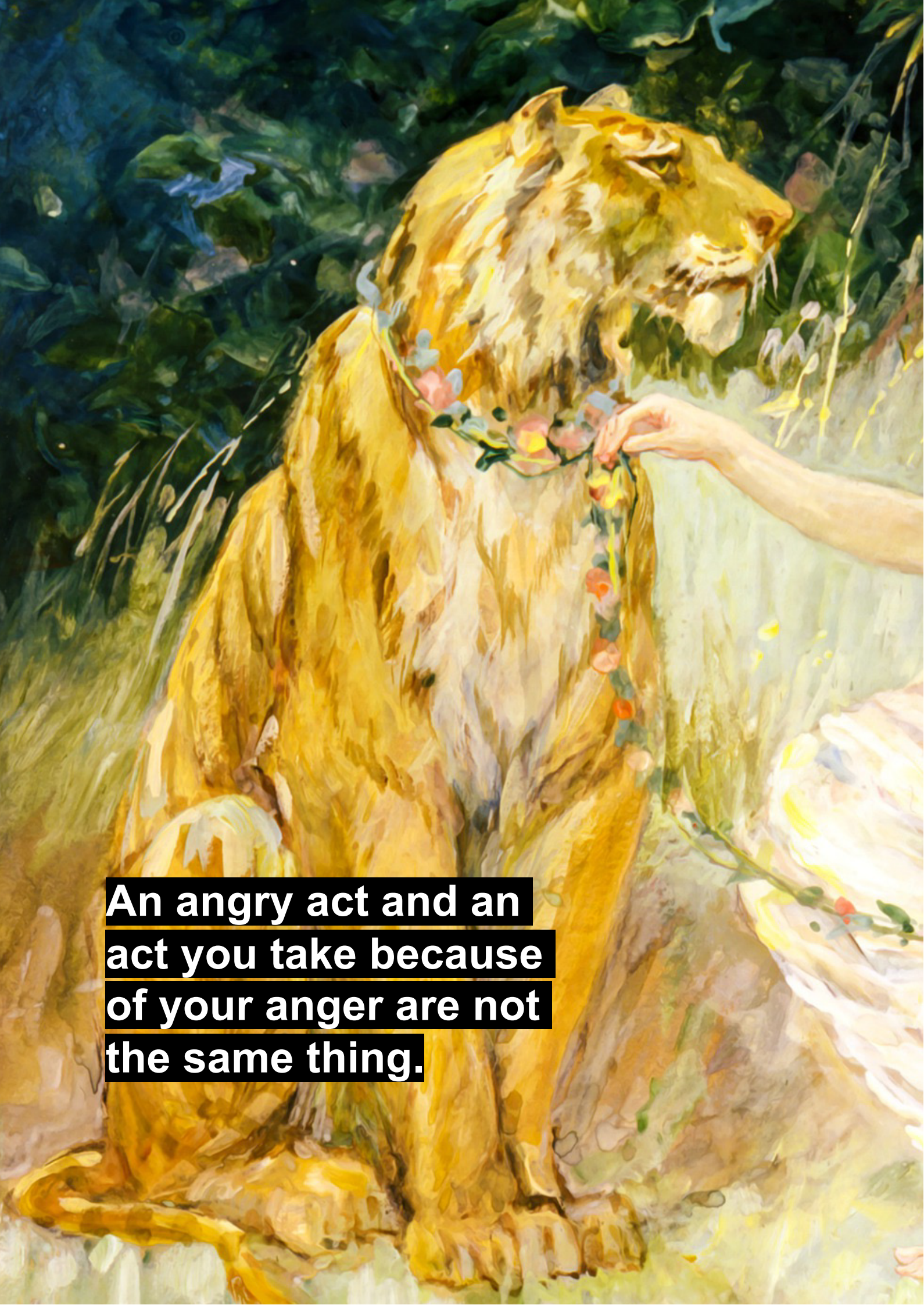
It is important to talk about what makes you angry.





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.

A dramatic landscape featuring tall evergreen trees in the foreground, rocky terrain, and a stormy sky with lightning and birds. The scene is illuminated by a bright, low sun, creating a warm, orange glow. The sky is filled with dark, heavy clouds, and several lightning bolts are visible. A flock of birds is flying in the sky, silhouetted against the bright light. The overall mood is intense and powerful.

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.**



A night sky with a large full moon on the left, a smaller moon at the top, and a starry background with a galaxy.

**When you are angry,
it is almost always
for a reason.**

**Explore
why you are angry.**



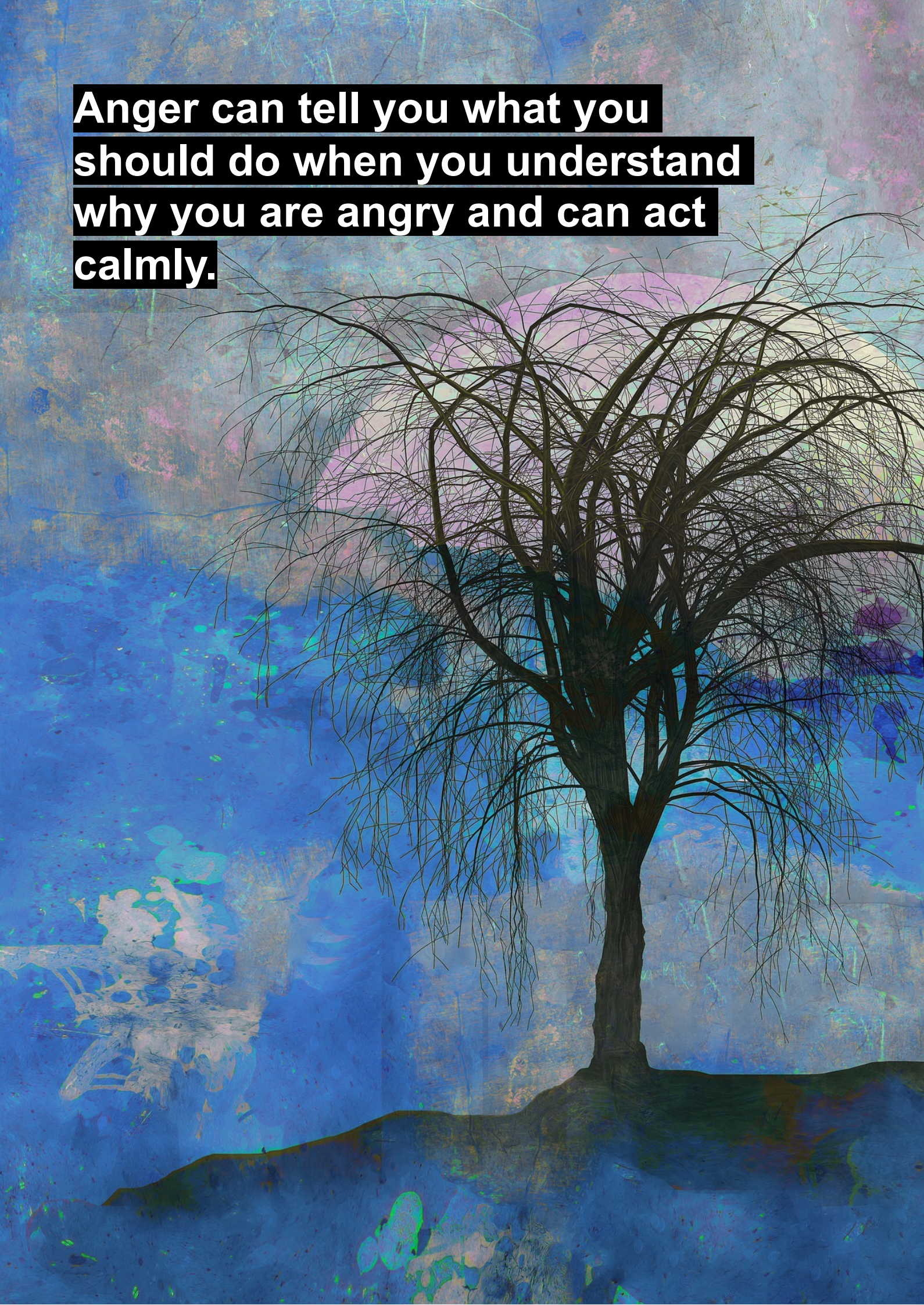
You may be angry about something you expected to happen but did not, or something that happened that you did not expect.


Take time to look back on the situation and rethink it.

A surreal landscape with a large, detailed moon in the upper left corner. The sky is a deep blue with a bright, glowing horizon line. In the foreground, a white cloth is draped over a dark, misty ground. The overall atmosphere is ethereal and mysterious.

Anger points the way.

Anger can tell you what you should do when you understand why you are angry and can act calmly.



An abstract, textured background featuring a mix of blue, purple, and green hues. The texture is layered and somewhat chaotic, with visible brushstrokes and fibers. On the left side, there are dark, thin branches of a tree or shrub. The overall composition is vertical and artistic.

**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.



**Happiness Lessons for When You are Angry from the Doctor Bliss Doctrine ©
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