



Bitterness
is like
cancer. It
eats upon
the host.
But anger
is like a
fire. It
burns it all
clear.

Maya Angelou
(1928 - 2014)
Poet

Known more for how it is expressed than for what it can do, the emotion of anger can be unsettling. Attempts to guide how we convey it, often end up as efforts to dampen it. Who voices anger sometimes overshadows what is being voiced. Many of us have not been taught how to appreciate this precious human resource.

Anger is a gift that can help shape a better tomorrow.

Anger can strengthen our resolve. At times arising when faced with injustice, anger can activate the courage we need to assert our values. Anger's passion can assist us in acting even in the presence of discomfort. It is the one emotion that protects space for other emotions; it can steel us to speak in the midst of human suffering. Paired with humility, anger can bring integrity to our relationships.

Anger can release our grief. Loss steals away our sense of security and sometimes we try to distract ourselves with hollow hope. Anger has the needed sharpness to pierce any tangle of thoughts. Anger can penetrate our numbness, allowing our despair to be met and then to be drained. In that cleansing, healing may begin.

Anger can clarify our needs. Anger can show us what we desire or what we require. Anger sifts through the noise of options and priorities alerting us to what is truly necessary to be safe or happy or fulfilled. It aids us in asking for conditions that will support our flourishing. It helps us to know what to do first if we need to create those conditions ourselves.

Anger can help us find the best path to follow.

When has anger been a helpful resource for me? How can I appreciate anger's value?