



## **ANGER CAN BE HEALTHY**

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In this brief article, I will identify one unhealthy way we handle anger and give a strategy for movement toward expressing and resolving it in a healthy way. In their book, *When Anger Hits Home*, Drs. Oliver and Wright identify eight anger myths. One of these myths is: The best way to handle anger is to stuff it. They then say that this is the same as ignoring your anger and go on to suggest that the person choose a healthy way to express their anger, allowing them to address the root issues of the anger.

I teach my clients that anger is always a "pointer" emotion, that is, it is directing them to an emotion that drives or fuels their anger in the moment. The three emotions that primarily drive anger are FEAR, FRUSTRATION, and HURT. Once we begin to express these emotions, the anger dissipates and we are handling the root issues mentioned in *When Anger Hits Home*.