



## Newsletter June 2003

### Featured Article

## Is Anger Always Bad?

*By Judith L. Allen, Ph.D.*

Our emotions are just as important as our intellect. Our emotions tell us everything we need to know, **if we listen.**

In our society, we are taught to demonstrate only positive emotions, such as happiness, and to never let anyone see anything but a smile. We are conditioned to keep to ourselves when we feel sad, depressed, or angry. The question we need to ask ourselves is, is this healthy? Is this truthful? Does it help us connect with others in the end? Is it even realistic?

Many times our parents told us we did not have a right to be angry with them. Out of fear of losing our job, we never let our boss know we were angry. To keep from losing a friend we never let them know we were angry. The accompanying thoughts may be that we tell ourselves we should not feel anger, we did not have a right to be angry, and **anger is bad!**

Emotions are like motivators. If you were in a dark alley, and you saw four men with clubs approaching; you would not need to think about it, you would feel fear and that fear would motivate you to leave the alley. All of our emotions give us information about ourselves and about the situations we face. Our feelings may be a signal that "something needs to change" and all feelings should be examined for what important messages they contain. Some expressions of anger may be over reactions or inappropriate for a given situation. However, the emotion of anger is not, itself bad. Anger is one of a range of feelings that signals us that something is wrong. Anger is giving us an opportunity to look at what is happening around us and to make a positive change to ease a situation or relationship. It might be as simple as saying, "I feel angry when you do (or say) that."

The reason that we think anger is bad, is because we do not express our anger. We hold it in. We are like a steam kettle with the valve closed. The irritations, the small hurts, and the aggravations go unspoken, letting the pressure build. Someone does something that upsets us and we hold it in, and something else happens, and

something else happens, and finally we explode. We overreact to some little incident with the full force of our collected feelings of anger. We scream and yell and maybe speaking words we do not really mean, that are inappropriate for the situation. We might feel so ashamed for our actions that it reinforces that the anger itself is bad. "Look what happens when I get angry."

The anger was not bad. It was carrying the anger too long and allowing it to grow out of proportion for the situation that makes it unhealthy. When you express your anger at the time you first begin to recognize it, it does not have nearly the force or power that it does after it builds up. When you speak about it, you have helped to make a change by giving your input into the situation about which you are angry. The anger itself can motivate you to express who you are and what you need, and actually improve your relationships with other people. The anger can then subside, and you can go on with your life and enjoy it.

Anger is just another part of communication. It allows you to share what you are feeling and thinking. It gives the people around you the opportunity to know who you are, and what you want and need. It gives you the chance to understand your own needs, including the need to express your feelings.

Learning to express anger is not always easy. Many people need help in finding appropriate ways to share their feelings. Psychotherapy and counseling can be an avenue for learning how to deal with strong emotions.

*Judith L. Allen, Ph.D. provides online counseling through <http://www.AskTheInternetTherapist.com> and has worked online for six years. She resides in Weatherford, Texas and practices there with her husband who is a Licensed Social Work Associate 817-594-7003. Together they have **About Feelings: Counseling***

## **Featured Therapist: Eric Rutberg, M.A.**

**Eric Rutberg, M.A.**

*Counseling*



Eric has been practicing psychotherapy and career counseling since 1991. He holds a Bachelors degree in Anthropology from the New School For Social Research in New York City and a Masters degree in Psychology from Regis University in Denver, Colorado. " Understanding peoples background and their context for perceiving life is, to me, critical to the counseling process."

Eric specializes in helping others to identify their own strengths, gain insight into the underlying issues and regain control over their lives. Whether you are struggling with internal issues ( anxiety or low self-esteem for instance), or if you feel your external world is troublesome ( career counseling issues, kids, relationships in general), Eric will certainly be a terrific resource.

For more information on Eric Rutberg, and to find several on-line assessment and career counseling tools, visit <http://www.yourwellbeing.org> . Eric is located in Maine which is on Eastern Standard Time. At the present time Eric is using e-mail, chat, and audio visual therapy mediums and he is taking appointments on the asktheinternettherapist website. **His appointment times are Tuesdays from 6PM to 10PM, Wednesdays from 1PM to 10PM, and Saturday and Sunday from 9AM to 5PM, however he is available almost any evening upon request.**

## **Upcoming Events**

We are pleased to announce the release of two new Videos: Boundaries Self-help, and Parenting Stress. We also have any of the Videos and Audio Tapes available on DVD and CD. Feel free to check them out at:

[http://www.asktheinternettherapist.com/psychology\\_videos.asp](http://www.asktheinternettherapist.com/psychology_videos.asp)

and

[http://www.asktheinternettherapist.com/hypnosis\\_hypnotic\\_audiotapes.asp](http://www.asktheinternettherapist.com/hypnosis_hypnotic_audiotapes.asp)

## **June Contest Winner**

Congratulations to Niles G. Nislesh is our June winner. Enjoy!

## **Featured Hypnosis Audiotape**

### **Sleep Tape - Beach**

Imagine yourself on a secluded white sand beach in total relaxation! Palm trees are swaying in a gentle breeze, and waves are rolling onto the beach in a hypnotic rhythm. Stop anxiety attacks. This hypnotic tape sleep aid uses beach guided imagery and background music from "Peaceful Pond" by Dean Evenson (BMI) (c) 1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S. ©1998

**Price: \$15.00 ea.**

[http://www.asktheinternettherapist.com/hypnosis\\_sleep\\_tape\\_beach.asp](http://www.asktheinternettherapist.com/hypnosis_sleep_tape_beach.asp)

## **Special Note**

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

<http://www.asktheinternettherapist.com/discussiongroups.asp>

## **Remove**

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place remove in the subject.

*Thanks,*

*We believe better health  
begins with better Mental Health.*

Jef Gazley M.S.

[www.asktheinternettherapist.com](http://www.asktheinternettherapist.com)