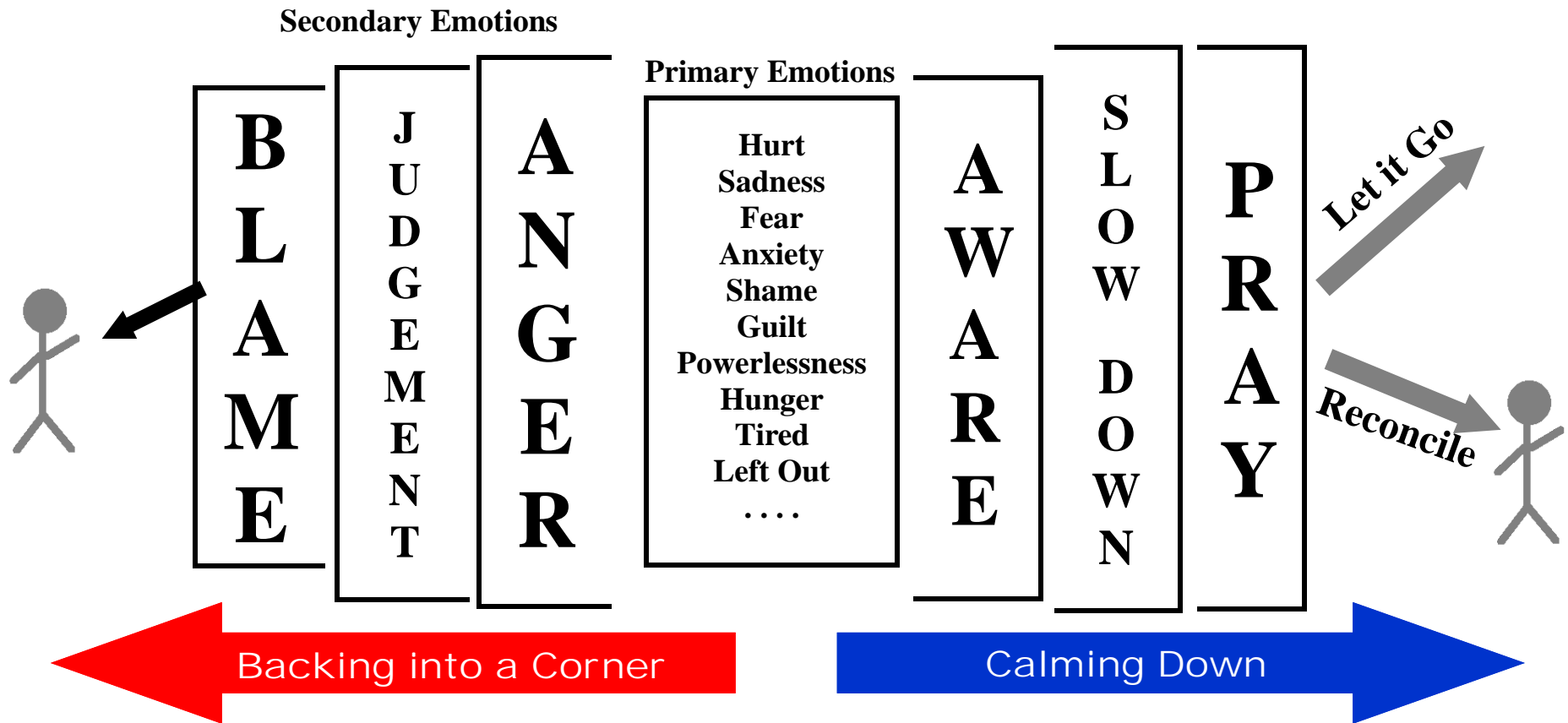


God



Anger—disconnect us from others, God and even ourselves

Primary Emotions—connect us with others, God and ourselves

When we are angry about something, we typically think that anger is all there is. But anger is a secondary emotion, that there is a feeling behind the anger. This preceding emotion or primary emotion may be hurt, sadness, guilt, tiredness, etc. When we are angry, if we can slow the process down and ask ourselves, “*what is it that I am really feeling?*” we will gain a lot more choice in dealing with our anger. If we don’t deal with our anger and let it continue, we can become critical of others. It is like “freeze dried anger.” Eventually, we become so disconnected that we proceed to blame others, as if they are the cause or our anger. Secondary emotions of anger, criticism and blame disconnect us from ourselves, others and God. Primary emotions can connect us with others, ourselves and even with God. If I share hurt, fear, guilt, powerlessness, others can identify with me and there is not as much defensiveness as with anger. I can even then take these primary feelings to God and surrender to what he wants me to do.