Controlling the Ghost of Anger

By DilawarSherazi

A ngershas the capacity to do much damage to human be- 
ings. It does not only effect the person who possesses it, but it also creates difficulties with interactions with the 
passer-by. Anger is basically a human feeling that has a strong impact to the global community. However, wrong, hurtful, and 
anger is one of the human emotions and is thus natural. In 
instance of the case, anger is associated with many other 
problems and many emotional reasons. However, it is not 
negative all the time. It can be controlled and through pro- 
per actions and behaviors it can be reduced or eliminated 
and may even achieve something positive. Nevertheless, it 
is never always easy to control anger and it is oftenicted 
quoted by Aristotle, ‘Anybody can become anger — that is easy, but to be angry with the right person and in the 
right degree and at the right time, and for the right purpose, and in 
the right way — that is not within everybody’s power, it is not 
 everybody.

People get angry on different matters and each person has its 
own way of being angry. However, there is one thing com- 
mon: that anger is a sharp hurtful emotion, which depends in 
what a person expects and what he basically faces as a reali-
ty; and a person is feeling being wronged or offended. Anger 
can be observed in daily life almost on daily basis. It can be 
seen in our friends and classmates and at others in our 
family members.

Anger has different stages. It starts with a situation or 
happening that triggers it. This triggers the normal situation 
and compels a person influenced by it to react. The anger 
then enters the second stage which is known as the escala-
tion stage. In this stage the anger escalates and the commu-
nity starts to realize that this person starts to retaliate and take any action that may be possible, not neces-
sarily as a right.

After escalation the anger then moves to the crisis stage. At 
this stage, the retaliatory action basically takes place. There 
is always a risk of involvement in harmful activities in this 
stage. It is a crisis in the sense that the reactions at all times 
are over the top and it is one of the stages in which the 
people are most vulnerable. As a result, the crisis stage is a 
very dangerous stage. The anger then gets back to the 
recovery stage. The anger that flows down and a person starts realizing the whole situation logically. He begins to realize that there were many options to 
choose from, the bliss of blood and blood pressure seems to 
normal. Mostly the person begins to repent as they find that 
what they did was a bad decision.

The last stage in this cycle is the boiling stage. After a person gets tired from the anger he is not bound to complete the cycle every time it 
is triggered. There are possibilities of controlling it before it oscil-
lates into a crisis. But whenever, it reaches to crisis, it is bound to 
complete the cycle.

Lona Morrison, a great hatred of anger, had said, “Anger is a 
paralyzing emotion—you can’t get anything done. People 
lose their jobs, their relationships, their friends. … And I’m 
not saying that it’s any of that —- I have no interest in helping 
you with that. … it’s helpless … it’s absence of power … and anger 
my powers — and anger doesn’t provide any of that —- I have 
no interest in helping you with that. … And anger is not managed appropriately. Fortunately, there are ways of 
managing anger towards the problems of the situation, even 
it is not manageable. As observed by J. Cybeloff, ‘Anger is lit-
tle dissatisfaction that burst into flame when it is fed with 
flow. Hate is like stagnant water; anger that is not fed is 
yourself the freedom to feel, the freedom to flow; water that 
you gathered in one place and left to forget. Stagnant water 
decay becomes dirty, stink, disease-ridden, poisonous, deadly; that 
contamination to flow is needed to remove all its bad effects.

There are different ways to manage anger. First it is necessary 
to try to alter the situation or oneself or even both the 
people can take some of the measures that may decrease the chances of serious anger 
even to be triggered. He can change his bad habits — the habit 
that cause him to be angry. He can change the way 
doing so but only with respect for others. He can change the view 
he possesses about the situation or the people, the place 
or situation a conflict from different perspectives so as to have 
more better understanding of the situation or to know what others 
think in the situation.

The most important thing would be to change the way a person reacts to a situation. Respecting and understanding 
another person’s point of view is a step in this direction. However, it is very important to be clear about the 
people relations or in the situation or conflict with others in the situation. First of all, it is necessary to control the way 
people react to a situation to a situation, especially to a situation that is irreparable.

The other way to avoid anger is to avoid some of the avoid-
ance; however, it is not easy, but to be angry with the right person and in the 
right degree and at the right time, it is not always very easy to control anger and use it wisely; as 
many times anger happens or even during it. A person can take some of 
the measures that may decrease the chances of serious anger 
even to be triggered. He can change his bad habits — the habit 
that cause him to be angry. He can change the way 
doing so but only with respect for others. He can change the view 
he possesses about the situation or the people, the place 
or situation a conflict from different perspectives so as to have 
more better understanding of the situation or to know what others 
think in the situation.

The most important thing would be to change the way a person reacts to a situation. Respecting and understanding 
another person’s point of view is a step in this direction. However, it is very important to be clear about the 
people relations or in the situation or conflict with others in the situation. First of all, it is necessary to control the way 
people react to a situation to a situation, especially to a situation that is irreparable.

It is very important to be clear about the 
people relations or in the situation or conflict with others in the situation. First of all, it is necessary to control the way 
people react to a situation to a situation, especially to a situation that is irreparable.

Another important issue in this regard is the response of the citizen towards 
the situation or in the situation. Many of the citizens do not take any 
action but instead, they just observe and do not do anything. This 
out, most of the people further torture them by their discrimination and 
people who have been subjected to discrimination 
people are socially neglected. Since, they are not able to do the 
actions in the way the other people do, they are considered weird and even 
with called with various titles.

The families with economic hardships and other difficulties are 
being attacked. The methods of treatment are obsolete. The 
people affected are not realized appropriately and they go unchecked. Furthermore, the 
endevours of government to support them in their daily lives need to 
be invigorated and they should be supported voluminously.

However, it should be noted that the financial compensation alone is 
not important than the compensation is the job opportu-

The families with economic hardships and other difficulties are 
being attacked. The methods of treatment are obsolete. The 
people affected are not realized appropriately and they go unchecked. Furthermore, the 
endevours of government to support them in their daily lives need to 
be invigorated and they should be supported voluminously.

The families with economic hardships and other difficulties are 
being attacked. The methods of treatment are obsolete. The 
people affected are not realized appropriately and they go unchecked. Furthermore, the 
endevours of government to support them in their daily lives need to 
be invigorated and they should be supported voluminously.

The families with economic hardships and other difficulties are 
being attacked. The methods of treatment are obsolete. The 
people affected are not realized appropriately and they go unchecked. Furthermore, the 
endevours of government to support them in their daily lives need to 
be invigorated and they should be supported voluminously.

The families with economic hardships and other difficulties are 
being attacked. The methods of treatment are obsolete. The 
people affected are not realized appropriately and they go unchecked. Furthermore, the 
endevours of government to support them in their daily lives need to 
be invigorated and they should be supported voluminously.