

GETTING RID OF ANGER

October 1

Have you ever been so upset you felt anger pulse through your body? Anger is a poison that ravages us when we lose control.

Before reaching full-blown anger, we experience bothersome resentments. We claim to have let them go, but as the irritations mount up, resentment is triggered again and again. Our brain acts like a computer, filing the resentments for future attention. We minimize, discount, or pretend we don't care, but we keep track subconsciously. We think each incident is forgotten but as we are bombarded with new irritations throughout the day, our brain runs out of filing space. The next small irritation becomes the trigger to explosive anger.

In recovery, we know we have to diffuse this hurtful emotion as it has the power to destroy our hard-fought serenity and sobriety. Anger must not be ignored.

What can we do to eradicate this lethal emotion? We first must ask, "What was our part in it?" Intentional focus on ourselves helps to soothe a raging ego. Prayer, meditation, or discussion with a trusted friend help bring about a calm and thoughtful resolution. We seek to rid ourselves of self-righteousness and stubborn pride as we ask for the forgiveness of others after forgiving ourselves.

As we let go of anger, what appears in its place is often the beginning of a spiritual awakening. We thank our Higher Power for showing us the way to peace.

TODAY'S MEDITATION

Today, I will open myself to the solution instead of rage. As I breathe in peace and breathe out anger, I commit my anger to God and surrender my self-knowledge to Him with humility.

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"Holding anger is a poison...It eats you from inside...We think that by hating someone we hurt them...But hatred is a curved blade...and the harm we do to others...we also do to ourselves." —Mitch Albom
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