

Self-Justified Anger

March 5

We believe *self-justified anger* is fine for normal people, but if we have the disease of addiction, self-justified anything especially anger, gives us permission to escalate to the next level, self-justified indulgence. We say, "Oh yeah? I'll show you," and we do so by falling off the wagon hurting others and ourselves.

Anger, self-justified or not, is considered one of the *Seven Deadly Sins*. Our literature tells us anger is best left for those more qualified than ourselves. For us, anger is a sure sign of emotional insecurity. When combined with worry and depression, anger blames others for our own wrongdoing and we play the role of victim. Its example reminds us that when we harbor grudges and plan revenge for such defeats, we beat ourselves with the club of anger we had intended to use on others.

Anger is an invitation to personal disaster. We never handled this emotion well. Ego, hotly engaged, is ready to jump at the chance to retaliate. Thoughts become delusional as we prepare for an assault of emotional and physical harm. When we set ourselves up to get even, we experience the psychological payoff of excitement. This caustic energy induces fight-or-flight adrenaline to flood our bodies as we prepare to take control.

Prayer and meditation offer a pause that suggests choices. We remember in the pause that we can choose grace and dignity as we detach from the behaviors of others. One choice is to walk away. Recovery proves we no longer need to Justify, Argue, Defend or Explain (JADE) our beliefs to others, when to do so would make a delicate situation worse. We allow the other person to feel what they feel because they are as entitled to their emotions as we are to ours. But for us to engage in self-righteous anger is an invitation to disaster.

Detaching with love is a powerful tool. It reminds us *they know not what they do*, and that **we** who have a blessed program of recovery are the ones whose focus must stand on our emotional sobriety.

We take the high road because we have a responsibility to our serenity foremost. To do otherwise is to risk going backward, which for us is closer to picking up a drink or drug.

TODAY'S MEDITATION

My miracle is to be able to turn the other cheek and remain a part of the solution. With God's help, I breathe in serene peace and remember to *Live and Let Live*. I no longer have anything to prove.

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*"Anger is the enemy of non-violence and pride is a monster that swallows it up."
—Mahatma Gandhi*