

## **Anger or Happiness – You Choose**

*We all have choices. We can choose to be happy, or we can be miserable!*

By Faust Ruggiero, M.S.

When we think about anger, we typically visualize someone who is verbally abusive or doing something physically aggressive. These are certainly expressions of anger, but they don't tell the whole story. Anger comes from many sources, the most prevalent being past pain, frustration with other people, stress, abuse, disappointment, rejection, and abandonment. Sometimes, you become angry simply because you aren't getting what you want.

Anger makes you feel more powerful, or at least keeps you from feeling as though you might be taken advantage of or victimized. You may be conscious of a person or event that hurt you, or you may have repressed that pain to the point that you no longer understand it. In addition, you may attach your anger to people and situations in your life who are not associated with the instigating person or event. It may be difficult for you to understand your anger, because there is so much emotion associated with it. Also, other emotions are involved, such as, fear, disgust, sadness, and contempt, which can mask anger.

There are many types of anger, and many of us display some of them from time to time. It really doesn't matter which type of anger you employ in your life. All of them can cause damage to you and the targets of your anger. You use anger for many reasons, such as:

- For revenge
- To manipulate and control others
- To reduce fear, or to hide it, and to mask insecurities
- To get our own way
- To avoid feelings of victimization
- To abuse others
- To feel more powerful
- Because you cannot control it or stop using it.

Anger, just like drugs, alters brain chemistry, and gives you that rush that you may seek in your life. As a result, you may begin to use anger in situations where anger should never apply. Once brain chemistry changes, you may introduce situations that can cause you to become angry, simply to feel the rush.

### **The 7 Ways to Fight Anger**

1. Resolve your past pain.
2. Identify the anger you are using.
3. Define the source of your anger.
4. Never use anger as a tool to manipulate or hurt someone.
5. Define any fears which your anger may be hiding.
6. Be brutally honest with yourself, and don't blame others for your anger.
7. Get help either from someone you trust, or a counselor.

### **The Happiness Factor**

Being happy has so many positive effects when it comes to living a healthy life. Happiness lowers your risk for cardiovascular disease, lowers your blood pressure, enables better sleep, improves your diet, allows you to maintain a normal body weight through regular exercise, and reduces stress.

We can define happiness as a sense of peace, purpose, and well-being. Being happy can create a positive attitude that can translate into a variety of healthy effects on a person's health physically intellectually, physically, and spiritually.

Happiness has also been connected to:

Better concentration,

Stable mood

Better focus

Enhanced memory

Greater passion and creativity

Better discipline and organization

Quicker recovery times

Longevity.

Happiness and good health are two basic standards that can create a good life. Being happy creates positive energy. Since our bodies run on internal energy and the energy we are provided with, learning how to take control regarding how to supply our bodies and our minds with positive energy is such an important way to live.

### **Twenty Ways To Bring Happiness Into Your Life**

1. Take care of your body. Feed it well, rest, and give it exercise.
2. Be honest. Make the truth your best friend.
3. Live life to the fullest in each and every second that is available to you. Waste nothing, and appreciate everything.
4. Enjoy your life, and laugh as much as you can.
5. Look at everything around you, and understand all the gifts you have.
6. Take nothing for granted, and appreciate everything that comes into your life. Be grateful for every moment that is your life.
7. Touch everything and everyone, and don't be afraid to let others touch you.
8. Think good thoughts as much as you possibly can. Fortify the world inside you with positive energy.
9. Embrace yourself and embrace your world. The whole world is there for you. Pull it in close, and trust that through your processes and your balance, it will not hurt you.
10. Forgive yourself and others. This helps you keep your energy positive.
11. Wonderful gifts have been given to you. Share them freely, and love everyone you share them with. Always be in service of others.
12. Be passionate from the inside, and attach that passion to everyone and everything in your world.
13. Stay in today. Let go of all that is past, and disconnect yourself from the anxiety of the future.
14. Love for free. Expect nothing in return.

15. Be in service of others. Look for ways to help others in need.
16. Have faith, and be willing to define and embrace something bigger than yourself.
17. Take risks. Stretch beyond your own perceived limits.
18. Love the journey that is your life. Don't worry about quick fixes and glorious destinations. Love every minute of your marvelous life journey.
19. Remember internal balance. We are intellectual, emotional, physical, and spiritual beings. Allow your processes to keep you in a balanced internal state. When you are there, pure love is possible, and happiness and fulfillment are yours.
20. Enjoy everyone and every part of your wonderful life. You took the time to fix it.

We all have choices. We can choose to bring anger and other forms of negativity into our lives. Look for them to increase negative energy, and to make us feel the negative effects associated with that energy. Learning how to infuse our lives with happiness creates positive energy, and that's a recipe for a happy life.

Faust Ruggiero is the award-winning author of *The Fix Yourself Empowerment Series*, and the new *The Fix Your Anxiety Handbook*.

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