



ANGER AND GUILT: THE PERFECT MARRIAGE

For many of us, anger is a very difficult emotion to experience and deal with in a satisfactory manner. Recently, on several network t.v. shows as well as on the internet, anger management has been a “hot topic”. Courts are now referring offenders whose infractions are “anger based” for therapy as part of the disposition of their cases. On the other hand, some people enjoy watching people on t.v. becoming enraged as a form of entertainment.

For many of us, we were taught that anger is wrong both to experience as an emotion let alone to express it. And then, there are some of us who were taught that anger is a “sin” which needed to be confessed. Indeed, anger is a multi-faceted feeling that is oftentimes misconstrued and which can cause many problems in our lives. As an evaluator for DWI offenses, there were a number of people who experience “road rage”. Among some of the sayings that I have heard people express with respect to anger are “Don’t get angry, get even”; “The man who loses his temper, loses the argument”; “Well, I don’t see why you’re so upset”.

Although most programs dealing with anger management are generally adequate and offer “tips” on how to identify and deal with “anger patterns”, I have not found any that correlate the issue of anger with feelings of guilt. I believe that it is extremely important for people who are concerned with such problems/issues as anger cycles, depression, fears, road rage, managing stress, the issue of responsibility, forgiveness and healing to understand the role that guilt plays in remedying these problems.

What I have found in my psychotherapy practice is that many, if not most, people associate anger with feelings of rejection or abandonment and therefore are quite afraid of feeling or expressing anger. As a result, they will tend to repress or suppress their anger, which results, in their experiencing a number of problems both personally as well as in relationships. I have found that the most significant “byproduct” of repressed anger is depression. It seems that most people suffering from depression have developed a pattern of repression of their anger over a lengthy period of time that can interfere with many aspects of their lives. It affects the way they think, feel and act.

A Brief Biographical Sketch

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.