Ed Bonner considers

The case for... and against Anger

Can anger actually be beneficial to anyone? Surely not.

Think about the way angry people behave: they are impa-
tient; they get frustrated in queues or when being held on the phone; they are intolerant of others’ opinions; they mutter to themselves; or they raise their voices; often to the level of shouting; they are easily wound up; they take a swipe at or abuse almost anyone; they are intolerant of others’ opinions; they tend to blame others for their problems before turning their anger on themselves.

The consequences

Can the consequences of such behaviour be beneficial? Again surely not. High blood pressure, stress headaches and stomach disorders (some even believe anger is a potent cause of cancer); conflict with one’s friends, colleagues and family; lack of concent-
ration; the possibility of causing injury or even death. Ulti-

mately, this leads to loss of respect from others and certainly from oneself; feelings of inability to cope, depression; alcoholism; loss of jobs or businesses—none of these can be desirable.

What are the signs of uncontrolled or undissipated anger? Making first small then big mistakes; dropping the ball; being ex-
cessively argumentative; burning food while cooking; forgetful-
ness; inability to complete a task; being argumentative; burn-
ing food while cooking; forgetfulness; inability to complete
task; yelling at people who keep you waiting when on the phone or in line; having a “blame figure”—one particular person who seems to be responsible whenever something goes wrong.

The up-side

Yet, believe it or not, anger can be a useful and proper way to vent one’s feelings before they collect up and finally explode.

A one-minute tirade may take days to be forgotten quite quickly, whereas a 50-
minute tirade may take days to be forgiven and is rarely forgotten.

The European way

Think about the way we think of continental Europeans: hot-

blooded ultra-passionistas who shout at rather than talk to each other. Yet they are less likely to get into a fight or get drunk than we reserved British.

Anger should be seen as a just-
tified response to wrong-doing, but it should be proportionate. It should also be focused on the is-

sue rather than on the person. It cannot be stated that uncon-
trolled anger is beneficial, but controlled low-level anger can be a useful and proper way to vent one’s feelings before they collect up and finally explode.

Are you for or against the argu-

ment that anger can be benefi-
cial? Email jury@dentaltri-

tuneuk.com and share your thoughts

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