

Beyond Better – Call #4
Notes
December 29, 2007

REVISITING ANGER as fuel for *Creative Tension*



We all have anger triggers . . . and, remembering the concept of bioindividuality, we all have different specifics attached to our anger triggers. Unlike some of our less action-oriented emotions, anger is a survival mechanism.

Much of the success of any tyrant or conqueror has its foundation in anger, perhaps wrongly channeled, but definitely a predecessor of action.

Like alcohol, caffeine, sleep, exercise, and even water, we cannot define anger as good or bad. Much depends upon how and when it's used.

As human beings we are going to experience frustrations, set-backs and disappointments, and our internal workings will take some of those and convert them into intense inner turmoil, heightened body tension and, unless you learn to channel it, it will stimulate negative, critical thoughts.

Realize that whether you're able to channel the emotion or not will determine what that anger brings you. If a goal is blocked or danger threatens, anger may be your best tool to eliminate the obstacle.

The Monsters put up subtle obstacles and appropriately channeled anger can put them to rest.

Anger can and does serve a very useful function. It is built into our basic biology to alert us to the need for effective action to deal with frustration or danger. Anger in itself can be a trigger . . . a trigger for behavior that leads to solutions.

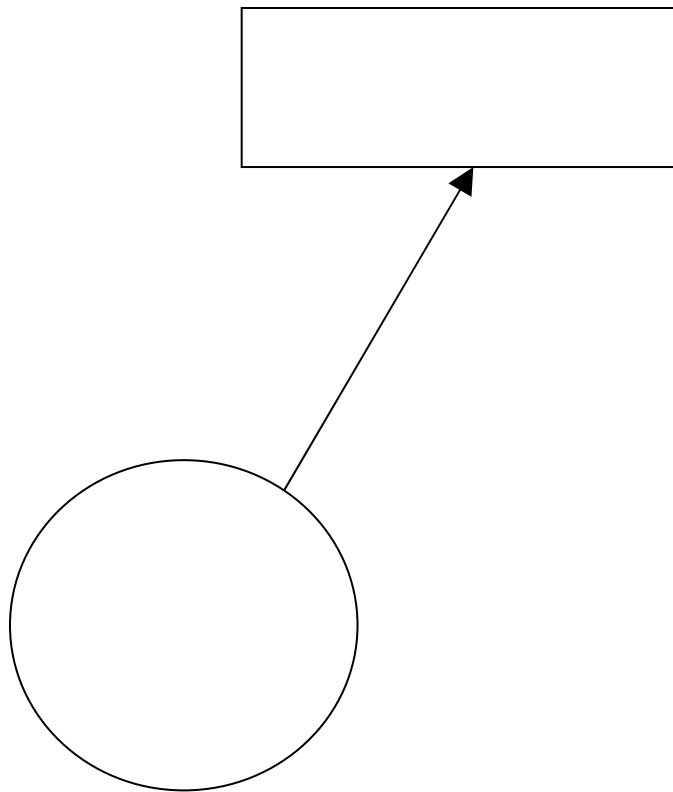
Our minds have the ability to wander, to create a story as we go, and to pursue an ending that is purely accidental. We just make up the story, and keep going and going until we wind up somewhere asking the question, *"how did I end up here?"*



Our minds, when directed, have an incredible ability to fill in gaps, but not to move in a straight line without clarity of the goal, so if we know the start and the end, we can fill in the rest.

***Wuold anyone be albe to raed tihs if
the letetrs wener't in the corerct
order? W**t if l**t**rs were m*ss*ng
or were relpaecd by the letter x?
Wxxld thxt mxke a dxfferxnce?***

Note that the only consistency throughout the paragraph is the first and last letter of each word are in the right place. If the human mind knows the beginning and the end, and it has some context, it automatically, without conscious thought (questions) fills in the middle.



It's that power of the mind that allows creative tension to serve us. We need to know the beginning, fuel it with anger, and we need to know the end, and fuel it with passion, excitement, and a multi-sensory creation that convinces the mind its real.

Anger and frustration are not the same.

The dictionary definition of **frustration** is: *a feeling of annoyance at being hindered or criticized*

A feeling translates to an emotion, and emotions can be channeled into other emotions. In any story, changes in emotion drive the story line, and in many stories frustration is a predecessor to the ultimate outcome.

The word **frustration**, as it's used in psychology, refers to the state of someone who denies himself, or who is denied, drive satisfaction

If you didn't have the drive, you wouldn't feel the frustration.

The slave who's happy in chains never knows frustration.

In many cases, when imposed restriction is lifted, people fail to venture far away from the place they were restrained. In other words, they felt the frustration when there was a shackle, but when they were released some invisible shackle seemed to be holding them back. Frustration remains, but the excuses are now absent, so this becomes self-imposed denial of drive satisfaction. With time, the drive diminishes, the neocortex finds a rational way to blame and justify the lack of positive movement, and frustration leads to stagnation and ultimately death.

Frustration needs fuel to allow it to lift and leave you fulfilled, and that fuel is anger.

The best cure for the procrastination monster is anger.

Don't focus on the cause of the anger, focus on the outcome and the power of the emotion. If you focus on the cause of the anger, you find yourself heading toward dysphoria or a reptilian vent both of which are destructive.

Anger defined: A strong passion or emotion of displeasure or antagonism, excited by a real or supposed injury or insult to one's self or others, or by the intent to precipitate an undesired outcome.

Anger-induced excitement without direction of the RAS can lead to fury or rage. These result in elevated heart rate, increased release of adrenaline and noradrenaline, and a physical preparedness for an explosive physical release.

If you understand the power of creative tension, and you begin to experience it for yourself, you'll begin to understand the value in using it with your clients.

When you have client relationships that are accompanied by emotional understanding of their motivational triggers, their wants, and the outcomes they're at some point in time committed to, use the analogy of the rubber band. Let them express anger, not in a vent, but in a release that allows you to re-channel it into motivation.

Reptilian vents are contagious. Avoid them, but understand that you don't have to make your anger go away if you want to use it as fuel. You just have to create a strategic expression ability.

Feel the anger, and then channel it into the neocortex so you can calculate how your voice should sound, what your body language should be, and how your presentation in the moment is going to move you closer to the outcome you know is inevitable.

In the Rimland study, where the association between selfishness and unhappiness was indisputable, the word "selfish" was defined as follows:

"a stable tendency to devote one's time and resources to one's own interests and welfare--an unwillingness to inconvenience one's self for others."

If you now understand that you can use anger unselfishly, and you further understand that it will serve as fuel to propel you to higher and higher goals, you'll welcome it, you'll embrace it, and you'll channel it, and the rocket will reach the destination sooner than you expected. The key, remember, is recognizing anger, using it when appropriate the challenge the monsters, and making sure you channel it into something effective.

ASSIGNMENT:

Re-read your wants, and see if they emotionally compel you. If they do, use a multi-sensory strategy to attach your trigger object to it and commit to devote 3 minutes a day to experiencing the feelings and associations you'll recognize when the want becomes real. If they do not get your juices flowing, recreate them until they do.

Review the source of anger and do the same thing. If it propels you to achieve, great, that's the intention. If it doesn't find another beginning for the story, one that drives you to blow past any obstacles.

Finally, if you look at the page on your printed handout titled, My Future, My Habits, you'll see three categories and three subcategories under each. Under each of the three main categories, prosperity, passion, and synergy, create one action, or one micro-goal, one commitment that will serve as a stepping stone between the source of your anger and your want.