

Anger – Why Am I So Angry?

In Memory of Paul A. Salvatore

As a relative or loved one coping with a suicide death, you may experience anger, often directed at the deceased.

“How could he do this to me?”

If the deceased was receiving psychiatric or medical care, you may ask,

“Why didn’t THEY prevent it?”

You may find yourself angry with God for “allowing this to happen.” The anger may be self-directed.

“What could I have done?” or “Why wasn’t I there?”

Don’t try to deny or hide this anger. It is a natural consequence of the hurt and rejection you feel. If you deny your anger, it will eventually come out in other, possibly more destructive ways and it will prolong the healing process. You need to find someone you can talk to about this feeling – perhaps a close friend, clergyman, counselor or a support group. You may need to release your anger physically: take long brisk walks or any exercise that is reasonable for your physical capabilities.

Your anger with the deceased is normal when the manner of death is suicide. The deceased has thrown your emotions into turmoil and caused pain for you and for others you care about.

Anger with the medical or mental health profession can occur if the suicide victim was receiving treatment or therapy. Though you may have had experience with someone unable to help, the professionals are dedicated and well trained, providing help for many people. These professionals will be the first to recognize that your anger is a valid emotion.

If you’re angry with God, share your feelings with a sympathetic clergyman even if you don’t have any close religious ties. Hewett says, “If you are ticked off at the Almighty, for His sake, tell Him. God is the only one prepared to handle all your anger.”

Don’t deny your anger. Talk about it, think about it,
and constructively deal with it.