



Understanding outrage

in self and others

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RAGE & MORAL OUTRAGE

Rage (outrage) is an intense emotional state characterized by a loss of control over one's anger.

It often arises when individuals encounter situations that evoke or trigger deep-seated feelings of injustice, frustration, or fear.

ABOUT ANGER

- Everyone feels anger
- Anger can easily be distorted and misapplied. (e.g. my anger is more important than your anger)
- Anger is addictive
- Due to its power and volatility, understanding and managing our anger is essential for personal and community wellbeing.

ROOTS OF OUR ANGER

- the human condition
- habitual reaction/chemical addiction
- perceived injustice
- opinions & beliefs
- societal expectations
- fears
- lack of critical-thinking (curiosity) about the source of our own anger
- unaddressed grief

THE MANY FACES OF ANGER

- violence
- rage
- outrage
- hatred
- wrath
- revenge
- vengeance
- revolt
- rebelliousness
- terrorism
- turmoil
- outcry

- loathing
- undermining
- anguish
- indignation
- disgust
- dissatisfaction
- desperation
- unrest
- despair
- depression
- anxiety
- exasperation
- fear

- frustration
- resentment
- aggravation
- unease
- irritation
- bitterness
- disdain
- distrust
- disillusionment
- disgruntled
- angst
- dismayed
- powerless
- sadness

"Fighting" or arguing is a **form of control and anxiety reduction.**

Anytime you're triggered into a battle pause and ask yourself:

Who am I "fighting"?

What am I "fighting"?

Why am I "fighting"?

Who am I attempting to control?

Notice what you feel. Notice what arises in you. Simply notice without judgement.

WHAT ANGER TRIGGERS IN US

- "Something feels wrong"
- "I have to save the world"
- "What I think is more important than what you think."
- "I need to set you straight"

WHAT'S BENEATH OUR ANGER?

- I'm scared/terrified
- Misapplied self-importance
- An essential need (in **you**) is unmet

Commonly, what we're 'fighting' is **our fear**, the **feeling of loss**, and the terrifying sensation of **not being in control**.

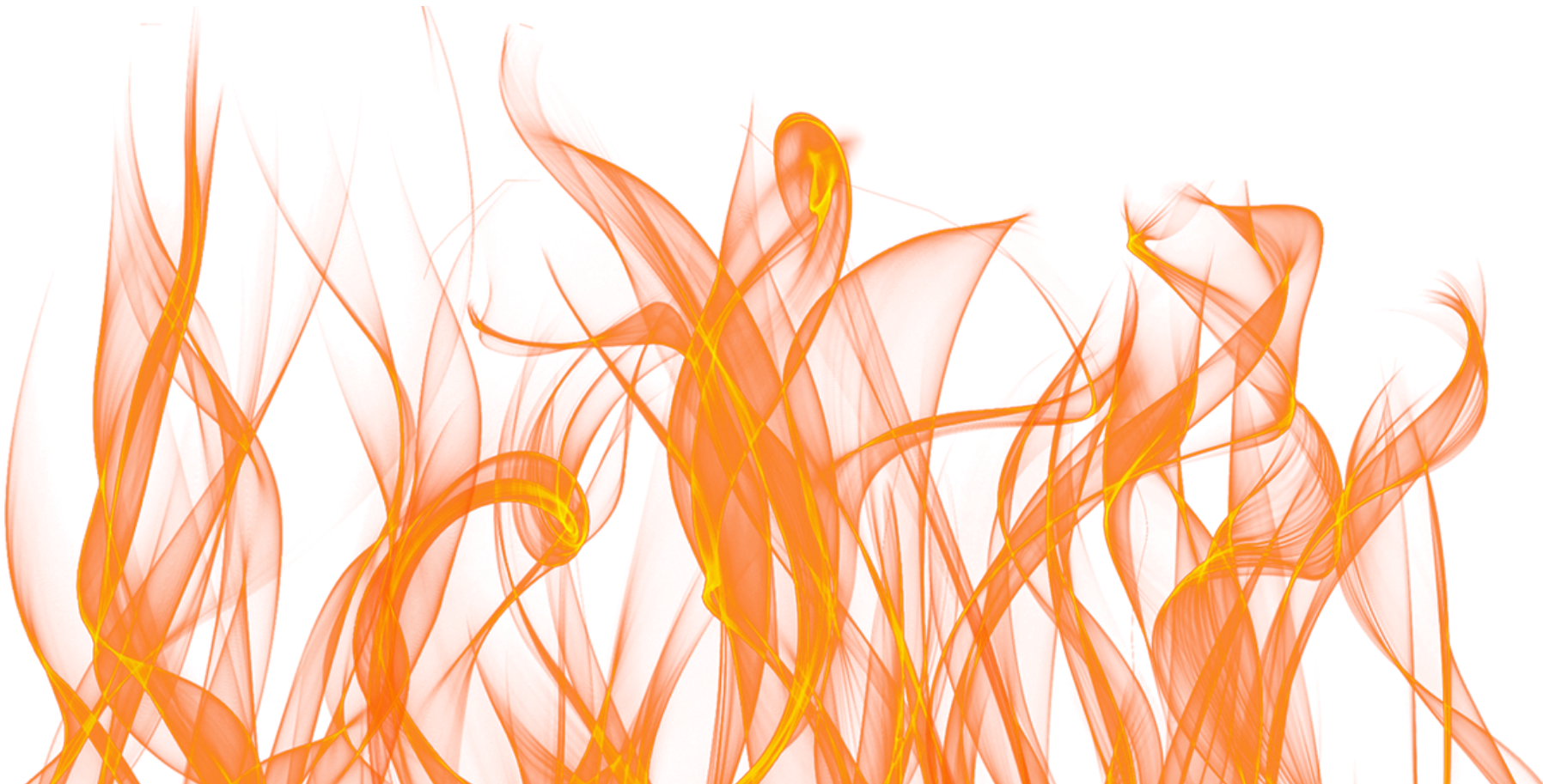
THE POWER OF ANGER

- Anger can be a reckless destroyer of self and others.
- **OR**
- Anger can be a powerful change-agent for the good.



The energy of anger is like a fire-- it is real, visceral, and powerful-- in many ways, it fuels us and helps us feel alive!

How do **YOU** want to use this powerful energy?



WE ALWAYS HAVE 2 OPTIONS



A

Do I want to keep my anger alive and burning?

Do I need to protect myself? Am I attempting to control the behaviors of others so that I can feel safe/better/holy? Do I need time to feel it fully? Do I need/want to continue 'fighting'?



B

Do I want to look deeper within myself so that I can learn from my anger?

Do I want to discover my why? Do I want to heal my grief? Do I want to leverage my pain/creative energy towards personal growth? Do I want to help others avoid or shorten similar suffering?

**A? B? - YOUR APPROACH AND RESPONSE DEPENDS ON
WHAT YOU ARE SEEKING TO LEARN AND UNDERSTAND**

(There is no wrong answer/approach--only different experiences)

Anger kept alive (**Option A**) is typically chosen by those who are intellectual or coming at things from their head-- from "reason" and historical data (the past), and/or have unaddressed grief.

Option B is chosen by those who have integrated emotional awareness, higher faculties, and therefore have a holistic or systems understanding of life.

(There is no wrong answer/approach--only different experiences and outcomes)

What can we do instead of 'fighting' or arguing?

- creating
- generating
- establishing
- inventing
- designing
- fostering
- introducing
- forging
- promoting
- elevating
- facilitating
- discovering
- flourishing

- listening
- understanding
- forgiving
- practicing
- believing
- appreciating
- consoling
- including
- integrating
- receiving

- trusting
- dreaming
- imagining
- wondering
- asking
- hoping
- wishing
- learning
- sharing
- praying
- seeing
- healing

"Creating" anything new **also requires fire-**
- most people who create are often
creating from the fumes of a deep sadness
or from digested grief (anger).

**We can, if we so choose, use our fire for
the good!**

A model for working with anger

by Mayra Porrata, M.Ed.

"working with our anger" enables us to practice self-care/comfort through the discovery of the fundamental issue (for us) -- this results in emotional intelligence, freedom of choice, and wise action. Our anger helps us to grow (evolve).



"doubling-down" on anger results in a deeper entrenchment and reinforcement of our self-righteousness -- this results in increased pain, confusion, and emotional volatility. We de-evolve.

Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.

Pierre Teilhard de Chardin

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