

## Q. WHY IS IT DIFFICULT FOR ME TO CONTROL MY ANGER?

- IRENE ANNIE JOHN, ABU DHABI, UAE

**ANS:** Hey Irene - well anger is like any other emotion. It's an emotion that God has given us humans. And I would say let's thank God for that (1 Thessalonians 5:18). In primitive times - humans survived by the mechanism of \*Flight\* or \*Fight\* and anger gave a lot of push to fight, so in a way it helped man survive.

All emotions are good, it's the way one expresses the emotion that makes it okay or not okay. Yes there are larger cultural and traditional aspects of expressing emotions also - but for now we will leave that apart. Just like eating lots of anything is not good so is with emotions. In life everything has to be in a balance. Like for example being happy is a wonderful thing. But then if one is smiling or laughing (just being happy) at a funeral or a generally sad situation - what would you say.

We need to first realise that there is a problem of anger. Well that won't solve it but it's on the way to solving it. Please apologise to those whom we get angry with and also pray for them.

Prayer and that too personal prayer helps; sacramental life - regular confession

and regularly attending Holy Mass helps; one that has helped me is intercession of Mother Mary - reciting the Rosary. Let me pray for you and all young people who find anger as an issue. Amen!

Our young readers can email their questions on faith/life to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) or WhatsApp it to us on +91 6238 105 775.