

A call for help regarding ANGER!

Posted by Eye.nonymous - 07 Oct 2009 16:12

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After a recent incident, I realize that ANGER is something I need to work on as much as lust.

Since I've joined this forum, besides this lust addiction, I've uncovered a serious computer addiction, and today I just realized I have a problem with anger which, apparantly, is more severe than I thought [I was defending my own children's rights in the public park, when the OTHER kid actually got up and called the police on me--I can't believe it, but I was nearly arrested!].

I would be grateful if anyone could tell me if there is any material similar to this forum for dealing with anger? Other practical suggestions would be helpful.

I'm learning an awfully lot about myself from participating in this forum.

I see what it means to deal with the ROOT of a bad middah. I used to think that, perhaps a person is working on ANGER, but the root is really that he's a KAPDAN [too particular about finances, or about his own honor]. As long as a person works on ANGER and not on being a KAPDAN, he'll never make any real progress.

I was always worried. What if he decides to work on being a KAPDAN, but in the end the problem is that he doesn't have enough EMUNAH, etc, etc.

But, now I see that working on the root doesn't mean picking the right middah. Rather, it means taking the middah you have chosen, let's say LUST, and not just telling yourself DON'T LUST. Instead, you have to figure out WHY do you lust. What triggers it. What pain are you trying to escape, and how can you deal with it better. What void are you trying to fill, and how can you fill it in a healthy manner.

In this way, even if a person has labeled his problem wrong (ANGER instead of KAPDAN, for example), he's still going to realize what his REAL problem is.

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Re: A call for help regarding ANGER!  
Posted by Eye.nonymous - 12 Oct 2009 17:23

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So then addiction means we are misusing something, no matter what it is. Using lust, or food, or drugs, instead of dealing with life.

Since we're escaping life instead of dealing with life, we end up with bad middos.

But if we'd face life [pitch for the 12 steps?] instead of escaping to our addiction, the bad middos will go away on their own.

(Yes, of course, lots of work is involved)

How's that?

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Re: A call for help regarding ANGER!  
Posted by cordnoy - 28 Dec 2014 06:08

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[Eye.nonymous wrote:](#)

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But if we'd face life [pitch for the 12 steps?] instead of escaping to our addiction, the bad middos will go away on their own.

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How's that?

Well and simply put!

the addiction is 'our' solution; not the problem.

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