

# Anger

by Dana Anderson, MFT |

Q: It seems like my boyfriend has a lot of anger. Sometimes it worries me. What should I do?

A: It's difficult to know what you mean by anger. There is an important difference between anger and rage. The fact that you are worried makes me wonder if you are talking about the more harmful form of rage. In our culture, we are not too comfortable with anger yet it is a common emotion. Rage is unexpressed anger turned toxic. Less common but much more damaging. If we could learn to be comfortable with our anger, we may have many less problems such as addictions in our society. I often ask people about their comfort levels with anger. How do they express it? How did their parents—because we learn from example. If your boyfriend is raging in any way (hitting walls, screaming profanity, threatening) you need to seek help from a professional and find support.