

HELP FOR PARENTS DEALING WITH THEIR OWN ANGER ISSUES

“Most of us emerge from childhood with conscious and unconscious psychic wounds and emotional unfinished business. What we leave incomplete we are doomed to repeat. The untreated traumas of childhood become the frustrating dramas of adulthood,” says psychologist David Richo. For this reason and others anger becomes a real and present vice that gets in the way of us parenting effectively and lovingly. Here is some advice to help turn things around.

FESS UP AND FACE THE MUSIC.

Stop telling yourself that you are okay. Stop saying that you aren't really angry...you're just frustrated or overwhelmed. Frustration comes and goes relatively quickly. Anger on the other hand lingers like a nagging and constant tap on the shoulder. It's okay. You can be honest about being angry. What's not okay is to keep lying to yourself as if your heart, mind, spirit and soul doesn't know the real truth. Owning the fact that you are angry is the first step to resolving the anger.

DON'T BE AFRAID TO SEEK THE HELP OF A PROFESSIONAL THERAPIST.

No matter how much you think you can (or think you should be able to) handle every aspect of your life, the truth is you cannot. Sometimes life's uncertainties, traumas, and demands can wear on you in such a way that the only way you can maintain your sanity is to involve a third party perspective. The past baggage you had been suppressing or ignoring is front and center. Present issues and demands are non-ceasing. You've been up in our head trying to sort it all out. You have gotten stressed out. You have talked and talked to people, and the more people you talk to the more confused you feel. Well, its no wonder anger is engulfing you. Step out of the pride, step into some courage, make the phone call and get the help you desperately need.

APOLOGIZE TO YOUR DAUGHTER (AND OTHER CHILDREN) FOR POSSIBLY INFLECTING YOUR ANGER UPON HER/THEM.

Most parents have a difficult time acknowledging to themselves that they messed up or made a bad call. Hence it is no surprise that some parents struggle profusely with going to their child and saying, “I apologize for yelling at you. My yelling really had nothing at all to do with you.” “I was wrong when I ignored you. I could have been more attentive.” News Flash: The moral code that when someone is wrong they should apologize does not exclude parents. Your refusal to deal with that which is causing you to be angry, gives you no right to pass that negative energy along to your children. Whatever it is, they didn't do it. And it's not their fault. So apologize so that your relationship with your children can survive and thrive.

FORGIVE YOURSELF AND/OR ANYONE ASSOCIATED WITH THE ANGER

The longer you hold on to a thing, the longer you think you are supposed to hold on to it. Regardless of the damage it is has and is continuing to do, something inside of you has convinced you to believe that you shouldn't forgive, don't need to forgive, or don't know how to forgive. The question is – is what you are holding on to worth the anger it is causing you to live with day in and day out? The guess is it isn't; because it never is. Parenting is tough enough. But parenting with built up pain, shame, regret, and hurt is the equivalent of self-inflicted torture. Forgive so that you can freely live.

KNOW THAT IT IS NOT TOO LATE TO STOP BEING A CONTRADICTION.

To tell your children that they must forgive; to encourage your children not to hold grudges; to want your children to be whole and healthy and vibrant, yet you allow yourself to be anything but these things is a contradiction. And whether you know it or not, your children are watching you and matching your words up against your behavior. Your children are listening to you and taking in everything you say...even if it's to be able to throw it back at you at a time that is convenient for them. As a parent it is important that you model appropriate behavior before your children all of the time, because when you show up as someone less than the person you would like him/her to become you essential send mixed messages that are extremely confusing to your children.