

Title: "Charlotte's Excellent Essay About Anger"

March 6, 2020

Greetings all,

Just a quick note to provide short answers for several of the most common questions about anger, and to point you to Charlotte's excellent essay about anger, *On the Art of Being Relationally Angry*, or, "I Have A Pet Tiger," just posted in the Special Subjects/Advanced Topics section on the Resources page of www.immanuelapproach.com. (This is the manuscript for the presentation she gave at the 2016 Life Model Works annual gathering. Many of you have been asking for this for years - so here it is. We're finally getting it posted!)

Frequently asked questions regarding Anger (and very short answers):

Is anger inherently sinful?: No.

Is there an appropriate, healthy function for anger? Yes, but anger has a very short shelf- life before it becomes toxic.

Are anger and judgment the same thing? No, judgment is not the same thing as anger; but judgment does give anger a bad name.

I told you they were very short answers. For much more detailed discussions regarding the appropriate, healthy functions of anger, and regarding why anger is not inherently sinful, what it means for anger to have a short shelf-life, how judgment and anger are different, and how judgment gives anger a bad name, see Charlotte's fantastic essay mentioned above.

Dr. Lehman/Karl

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