

# Five Steps to Letting Go of Anger

How to drop unresolved anger and find inner peace.

*by Ali Begoun*

Holding onto anger is like holding a sharp object in the palm of your hand – the harder you squeeze, the more you suffer. Hanging onto anger doesn't hurt the other person; it hurts you most of all.

## **Step One: Identify the loss**

Identify how you've been hurt, admit your loss and allow yourself to feel it. Resist the temptation to deny your anger. Allow yourself time to grieve.

## **Step Two: Let compassion replace resentment**

Realize that hurt people... hurt people. If someone has hurt you, chances are they were mistreated themselves. Their hurtful, infuriating behavior stems from their personal pain.

Focusing on what the person did to us leads to resentment. By looking beyond the behavior to see the emotionally-scarred person underneath, we can replace resentment with compassion.

## **Step Three: Forgive**

Forgiveness does not mean condoning or justifying any misdeeds. It means giving up your desire for revenge and letting go of the expectation that he or she will make amends. It's untying the knots that keep you emotionally entwined and prevent you from healing and requires a conscious and deliberate decision.

## **Step Four: Find the hidden gems**

Everything the Almighty does is out of love and for our ultimate good. Look for jewels behind the pain.

Keep in mind this simple formula: I am thankful (insert a challenge you're experiencing) because it means that (insert the hidden gem beneath the struggle). For example, I am thankful for the pain of my divorce, because it has brought me closer to becoming the person I know I need to be to have a healthy marriage based on mutual respect.

## **Step Five: Write a letter**

Write a letter to the person who hurt you (with pen and paper, not email). Do not send this letter; this is for you. Clarifying your loss, articulating your desire to forgive and to move beyond the resentment helps release your anger.

Inner peace comes from committing to take personal responsibility for the quality of your life, including the willingness to release unresolved anger.

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