
Chapter 3: Harnessing anger

Harnessing anger is a way of thinking which involves *using dissatisfaction* with the state of things *to provide energy* to do something positive. Motivation to do something positive is different from aggression, though both can be related to anger in exactly the same way.

Motivation

Motivation in general is a desire to move from a less preferred state toward a more preferred state. Anger provides the energy. It can be used to drive all sorts of purposeful work.



Anger always involves dissatisfaction with the state of something.

Anger drives productive efforts

Most productive people have anger. It energizes them. It takes energy (anger) to get things kicked into shape to set a productive system in place. It takes some anger at having things go “off the rails” to have the energy to keep things running and to overcome setbacks and frustrations.

In V.I.P. 1.4 we said that no one who is angry is ever very happy. Are we contradicting V.I.P. 1.4 here?

Actually, if we were to make a model of motivation, it would show that anger drives positive pursuits, and these pursuits result in temporary satisfaction. See below.



V.I.P. 1.4 is still consistent with our model! Unless you spend your anger on achievements you will probably not be very happy. Achievement will result in some satisfaction. Anger becomes energy that gets consumed in our productive efforts.