
Chapter 4: Relationships

One of the important things to observe about anger is that it creates distance between the angry person and virtually everyone else. Indeed you may use expressions of anger because it is an efficient way to get other people to leave you alone. Yet nobody wants to be entirely alone. If you are frequently aggressive you may find that you are far more alone than you truly wish to be.

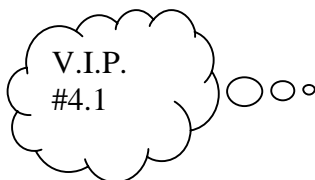
The more sensitive and timid other people are, the more they may be expected to place distance between themselves and you, if you are habitually aggressive.

1. Is having good friends part of having a good lifestyle?

2. Has your anger ever cost you friendships? Explain.

Aggression can sabotage relationships

Aggression often sabotages efforts to have close relationships with people. Both the number and quality of your relationships can be expected to diminish if you display aggression. The intensity of feeling other people have for you in relationships will become drastically reduced if you frequently display anger.



Anger always creates distance between you and others.