

---

## Chapter 2: What is anger?

---

Anger can be defined simply as “a feeling of dissatisfaction with the state of something”. Anger is a very common human emotion. As long you are alive, you can expect to experience anger.

---

### Good Anger

---

Some anger is necessary and is good. Good anger is called *motivation*. In this section you will see that we need this kind of anger to help us survive and prosper. Anger is what motivates people to do good works, or even just to get out of bed.



*Anger can always be reframed as dissatisfaction with the state of something – and then used as energy to try to make the situation better.*

---

### Motivation

---

Anger provides you with a *motive* that can stir you to action. Motivation can be defined simply as “that which moves us”.

Some people are moved to great achievements by their anger. For example, if you are dissatisfied because your house is a mess, when you get angry enough about it, you will clean it up. If the state of your house is just fine with you, then you will probably leave it just the way it is. In this case your friends might say that you “lack motivation”.

The most important point here is that anger can be expressed in more productive ways, or in less productive ways. You always have a choice. If you convert anger into purposeful motivation, your anger provides the energy to do useful and productive work.



*It is not anger, but what people do with their anger that can make it a problem.*