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Learning about **Anger** From studying the Chinese Language

Musings of an Ontological Coach

SWIPE



Understanding Anger

Anger is an emotion that we feel when something gets in the way of a desired outcome or when we believe there's a violation of the way things should be.

In Chinese, anger can be expressed as 生气 (Sheng Qi).

生 means birth or growth
气 means air or energy.

Anger can also be expressed as 怒 (Nu).

怒 means "anger or rage"

The character at the top is 奴, which means "slave". The bottom is the character 心 which means "heart".

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Anger - 生气

生气 basically means “the birth or growth of energy within one’s body”.

This is interesting because anger does produce lots of energy within one’s body. The energy produced can be channeled productively. It is not uncommon to see many productive workers at times manifesting anger in a way that create challenges and conflict in the workplace. The same energy that often create drive and productivity is also the same energy that fuels anger.



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Anger - 怒

怒 basically means “a heart’s response when justice is not served (like being enslaved)”.

This gives us the idea that one of the purpose for anger as an emotion, is to propel us towards fighting injustice. When anger is harnessed effectively, we are able to intervene when there is bullying or oppression.



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Managing Anger

1. Notice when the energy within us is increasing rapidly.

生气 literally means the energy (within) is birthed or generated.

We must pay attention to the energy movement within our body when it is expanding or increasing quickly. Our heart rate goes up and our body generally tightens. Paying attention to our body helps us to detect anger.



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Diffusing Anger

2. Channel energy downward or backward.

Somatically, an angry person will want to **STAND** and be in a posture ready to take action and retaliate. This rapidly generated energy will also increase the volume of the speaker and increase aggressiveness of the tone.

To diffuse anger, bring our body downwards / backwards by sitting down or leaning back, kneeling, squatting to counter the rising or expansion of the energy. This intervention can be applied during a conflict to diffuse your own anger.



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Diffusing Anger

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2. Channeling energy downward (cont.)

Tip: Create prior agreements with loved ones to sit on the floor or to lie down to talk whenever tensions are rising.

You will either notice that you are overwhelmed by anger (your body will force you to stand up) or you will notice your anger dissipating while your body goes closer to the ground. With lesser of the anger energy, the conversation becomes more productive.

It is hard to shout at each other while a couple is lying down and looking at the ceiling while having a difficult conversation.



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From Slavery to Forgiveness

3. Practice Forgiveness

怒 means being enslaved in the heart. When one feels enslaved, it means one is in chains as one feels this energy being generated from within. The sense of being enslaved turns into resentment.

To break free from being enslaved requires one to practice forgiveness. Forgiveness is love practiced among people who love imperfectly.



ONE MORE

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Intepreting Emotions using the Chinese Language

There are just so much we can learn about emotions from different languages.

Keen to learn more?

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