

Trainer Tip: Self-Righteous Anger with Mary Mackenzie

Hating people is like burning down your house to get rid of a rat.
—Harry Emerson Fosdick

Have you ever noticed that some of your behaviors ensure that your needs for peace and relief won't be met? Take judgments for instance. The more we have, the less peaceful and happy we feel. The same is true for resentment and anger. Don't you just feel awful when you are filled with them? How does feeling that way meet your needs for peace and relief? Sometimes I think we are seduced by self-righteous anger, but it's an empty seduction, an illusion. It doesn't meet a single universal need. In fact, it is the anti-solution because it causes pain and eliminates the opportunity to meet our needs. Stay focused on the needs you are trying to meet in your life, and then choose behaviors that are geared towards meeting them.

It's not that judgment, resentment, and anger are wrong; it is simply that they will not support you in meeting your needs. Let them go with love and choose a different behavior.

Be aware today of opportunities to release your judgment, anger, and resentment to better meet your needs.

This trainer tip is an excerpt from Mary Mackenzie's book [Peaceful Living, available from Puddledancer Press](#).