

Seven Different Types of Anger

Anger is an interesting emotion which comes from many different places. Understanding the various types of anger helps you also harness this feeling. Before you start being judgmental about anger, take pause for a moment. Anger itself is not “sin”, but what we do with that anger is what we deem as sin or destructive behavior. There are so many types of anger **developed from various emotions** and experiences. Depending on what life is throwing at us, anger could be a number of things.

Anger in its many forms:

Jesus became angry and many Christians quote it today. He walked through a temple and tossed tables and kicked over stands. Why did he do this? Because he was appalled by the gambling and unholy acts he witnessed in a Holy place. Another place that Jesus was angry is when Jesus healed the withered man’s hand and the man’s friends were more concerned that Jesus healed him on Sabbath, than being happy that their friend was healed. Many would say that Jesus had a “righteous” anger and a testimony to how anger in itself **is not bad**. Righteous anger, for example, is anger **based on morals and beliefs**, many times spiritually based.

There are many types of anger, yes, and these types **represent reasoning of some sort**. While some anger is slow to form, others can be a rapid burst of seemingly uncontrollable rage. In this rage is where we see anger taking on negative actions.

So, let’s examine the different types of anger and the causes behind them.

1. Moral or Righteous Anger

As stated above in the example, there are such things as righteous anger. It’s **also called moral anger** because it comes from being upset when someone breaks God’s ordinances.

If you have reasonable rules set in a household and someone in that household breaks these rules, you will experience righteous anger. This is because most rules **come from a well-known and taught beliefs**. Unfortunately, some people use the defense that you think you’re better than everyone else. It’s a common defense, and usually, just a way to deflect their true guilt. Now, let me tell you a secret about righteous anger. There is a hidden meaning behind this feeling. It seems that when someone gets strict in their righteous anger, it could also be **their attempt at control**. The truth is, righteous anger can go too far if it’s not based on true biblical principles. When it’s not based on those Godly principals, it can turn into a controlling and manipulative individual behavior. So, be careful with that flaming sword.

2. Behavioral Anger

Of all types of anger, this one is **the most volatile**. Behavioral anger is usually so strong that it turns physical. Now, this doesn’t mean that this anger always causes injuries. Sometimes individuals who uses this type of anger may only throw things or punch walls. Unfortunately, sometimes this emotion does result in attacking other people, and can certainly cause injuries and even legal consequences. There are a few hidden secrets about this type of anger. Behavioral anger can come from past trauma or neglect. Without proper upbringing, a person cannot learn to control their emotions correctly, and with trauma, behavioral anger may be the only way to deal with hurts experienced early in life. While so dangerous, this anger can still be treated and **channeled in the right direction**. Mainly because it is a learned behavior and if it’s learned it can be changed.

3. Habitual Anger

Habitual anger is a **perpetual state of unrest** and dissatisfaction with pretty much everything and everyone. When you try to deal with those who exhibit types of anger such as this, they will most often get angrier. The hidden aspect of this anger lies within the past and trickles down through the years. Although this type of anger may have been born early in life, it has grown, **due to various negative experiences** in the years following. For instance, if you are in your 40's, then you've had several decades to feed and grow this anger. If you've had issues with habitual anger, then by now, your life may be a walking nightmare. Sorry, the truth hurts.... but the good news is, you can learn to heal from this too.

4. Self-harm

Yes, self-harm is more than just depression. The act of self-harm can actually be a form of anger against one's self or others. When people cut their skin, they could be exhibiting anger for how they look or their own conditions. It's a **complicated matter to understand** sometimes, but it's a negative emotion which must be revealed. The hidden aspects of self-harm can come from many places. Self-harm can come from past abuse, trauma, neglect and so on. It can also come from **repeated disappointments** and broken relationships. Basically, instead of focusing anger outward, people who suffer from self-harm may focus these emotions within.

5. Vengeance

One of the most common types of anger is vengeance or revenge anger. It's a **basic form of anger** which has been around since the beginning of time. With this form of anger, there's usually not a lot of premeditation, except for the plans of getting revenge which come along with the emotion. To be honest, there is little-hidden meaning behind this type of anger. It is straightforward and to the ones who feel this emotion, it is pure in its intent. Those who exhibit vengeance feel the **emotions and actions are warranted**. They often feel, and eye for an eye...

6. Passive-Aggression

While this type of anger may seem harmless, it sometimes can do quite a bit of damage. It just doesn't leave scars in the way you would think. With passive aggressive anger, emotions tend to be pushed down for the most part. There is resentment, sarcasm, and mockery, all hiding behind a façade. Because of their inability to express themselves in a healthy manner, those who suffer from passive-aggressive emotions **will internalize** what they really feel. One hidden secret about this form of anger is that it's said to come from childhood emotional abuse. Some children are **taught to not express negative emotions**, and so they grow up to think passive aggression is a logical way of dealing with problems.

7. Incidental Anger

One form of anger that most people see as normal is incidental anger. The truth is, this is pretty much a normal reaction to certain situations of injustice. To have incidental anger is to witness something which should be changed and **have the patience to address** this in a healthy manner. There are usually no hidden agendas or secrets where this type of anger is involved.

Dealing with the anger of all types

Different types of anger must be **addressed in various ways**. While some forms are easy to deal with, others can be dangerous. Sometimes even professional help will be needed when dealing with certain situations. As I stated before, anger in itself is not always a bad thing. It all depends on the actions and negative thought patterns that **you choose to utilize** when you're angry. For future references, learn more about what/why makes you angry and how you can deal with this anger in the right way.