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Most misunderstandings in the world could be avoided if people would simply take the time to ask, "What else could this mean?" --Shannon L. Alder

3 Reasons Why You Need Anger

Feeling hot under the collar? This fresh take might cool you down: It turns out anger, often written off as a destructive emotion, could be an unlikely source of motivation. "Anger leads you towards responses that help you overcome obstacles," points out Heather Lench of Texas A&M University. Three surprising ways anger can actually be beneficial: it can help us reach challenging goals, may boost civic engagement, and can help us recognize our needs in relationships. But remember, it's important to channel anger wisely. So next time you're boiling over, consider asking yourself: Could this anger be put to good use?

Be The Change:

Take a closer look at where anger and resentment arise in your life. Then, ask yourself: What need might this anger be speaking for? Or, what circumstance is this anger asking to be adjusted?