EMOTIONAL MIND UNSTABLE



How not to explode (too often)

FERDINANDO FREGA

EMOTIONAL, MIND UNSTABLE (WITH GRACE)

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INTRODUCTION

The greatest fortune I have had in life, besides good health, and a wealthy family, has been the ability to observe problems from multiple angles. This ability has allowed me, each time, to choose which window to look through to find the solution at hand.

Humanity tends to believe that every problem has only two solutions, like the two sides of a coin. But this view is limiting. A coin can also remain balanced, suspended, demonstrating that there are many more possibilities than just two. The relationship between problems and solutions is equal: it is a game of perspective, of time, of consciousness.

What has always fascinated me is the human aspect in its manifestations: never the same, always different, always changing. Not being a doctor has given me the privilege of learning only what interests me. Not being a psychiatrist has freed me from having to pigeonhole people into diagnoses. Not being a psychologist has saved me from offering continuity to those who simply sought a fix. And not being the man of so many women has spared me from having to deal with superficial problems, often solvable with money.

Human freedom is the center of the world. Only if we are free can we give our best. And we must never forget our only true ally: the brain. Sometimes overshadowed by hormones and impulses, but always present, ever alert.

Everything we are, everything we become, everything we manifest, stems from our emotions. They have genetic and educational roots, are expressed in behavior, and accompany us until our last breath. Living well is everyone is right. Living well with others is a choice of a few. And by remaining among those few, we always rediscover ourselves.

BOOK PARTITION

The book is divided into **eight parts,** each dedicated to a different aspect of anger. Each part is introduced by a short text that previews its tone and content. The structure is designed to accompany the reader on a journey from the personal root to the collective dimension, all the way to transformation.

Part I – The Anger That Raised Me

Anger did not come suddenly. It grew with me, silent, polite, disguised as a defense. In this section, I recount the origins: my family, the South, my first wounds, my first flames. It is here that anger took shape before I even knew how to name it.

Part II – The Screaming Body

Anger does not just live in the mind. It lives in the body: in the ragged breath, the clenched fist, the knotted stomach.

This section explores the physical dimension of emotion, including hormones, tension, and undetectable signals.

Part III – The Brain on Fire

Anger is also neurology. It is chemistry, it is impulse, it is cortisol and the amygdala. Here we delve into the mind: how it works, what happens when we explode, what we can do to avoid it. It is not a lesson; it is a map.

Part IV – Anger as a Compass

Anger is not always destructive. Sometimes it is a guide, a signal, a truth. In this section, I share how I learned to use it to guide me: in decisions, in relationships, in moments of crisis. Anger as a tool, not an enemy.

Part V – When It Explodes When It Saves

There are moments when anger explodes. And moments when it saves. This part is made up of stories: life episodes, breakups, rebirths. There is no judgment, only observation. Because every explosion has a reason, and every salvation has a price.

Part VI – Anger and Relationships: The Battlefield

Anger does not exist alone. It lives in relationships: with others, with those we love, with those who hurt us. This section explores conflict, communication, and distance. It is the battlefield where we decide whether anger unites or destroys.

Part VII – Social Anger: The South, History, and Voice

Anger is not just personal. It is social, cultural, and historical. Here I am talking about the South, about Italy, about the collective anger born of injustice, marginalization, and memory. It is the voice of the voiceless.

Part VIII – How Not to Explode (Too Often)

There is no magic formula. But there are awarenesses, tools, choices. This section summarizes it: how to live with anger, how to transform it, how to remain emotionally unstable—but with grace.

Epilogue of the Structure

The book does not close; it opens. After experiencing anger in all its forms, the reader finds not a solution, but a new question: *"What can I do with this strength?"* The epilogue is an invitation to emotional responsibility, to inner freedom, to the daily choice not to explode—or to do so, but with awareness. Because anger should not be extinguished. It must be understood. It must be experienced. It must be written.

CHAPTER STRUCTURE

1. The Eight-Hour Man

The meeting that lit the spark. The cultural roots, the South, and the first truths that paved the way.

2. Travel Companion

Anger as a constant presence. Not an enemy, but an inner voice. Free thought as a tool for emotional survival.

3. Inside the Silence

The repressed anger, the emptiness, the explosion. The moment when everything changes and awareness begins to dawn.

4. The Reconstruction

After the fracture, the slow, daily work to regain balance. Writing, meditation, discussion. Rebirth as a process.

5. The Tools

Helpful practices for managing anger: journaling, breathing, and dialogue. Falls and lessons help you get back up.

6. Repression

The invisible rage, the one that consumes in silence. The signs, the risks, and the urgent need to give it voice.

7. Divide / Unite

Anger in relationships and society. How it can be destructive or empowering, depending on how it is heard and communicated.

8. Defend / Love

Anger as a guardian of boundaries. Assertiveness as healing. Respect for oneself and others as a form of love.

9. Change / Transformation

Anger as a driver of change. Accepting what you cannot control and transforming it into awareness.

10. Liberation / Forgiveness

Forgiveness as an act of strength. Letting go of resentment, freeing yourself from the past, and finding peace again.

Epilogue: "The End That Ushers In"

An epilogue that does not close but opens. Here you can:

- **Reflecting on the journey:** "I crossed the unstable mind as one crosse a burning forest: not to save myself, but to understand the fire."
- **Declaring the partition:** "This book ends where the stories begin. The theory gives way to the living flesh of experience."
- **Introducing the future structure:** "The next step will no longer be analysis, but narrative. No longer concepts but faces."

PROLOGUE TO THE STORIES: PART ONE

Where Theory Becomes Flesh

An introduction to the second volume, which will be narrative, experiential, and more visceral. Here is a sample tone:

I have spoken of emotions as if they were concepts. Now I want to show them how they move in bodies, gestures, and silences. The stories that follow are not invented: they are fragments of truth, distilled from experience. Each character is a possibility, each scene a confession.

Intro to the Stories

Here you can explain:

- **Who are the protagonists:** archetypal figures, real people, alter egos?
- **How did the stories come about:** from encounters, from dreams, from memories?
- **What to expect:** "You will not find heroes. You will find human beings who tremble, resist, explode."

Travel Companion

There are moments in life when every fiber of our being is evaluated. For me, anger was one of those tests: it never knocked on the door, but always found a way in. Not as an enemy, but as an uncomfortable companion, a voice that pushed me beyond limits, beyond masks, beyond conventions.

I am not a doctor, nor a psychiatrist, nor a psychologist. I am simply a man who has chosen to confront his emotions with the one weapon that cannot be disarmed: free thought. Anger has accompanied me for years, sometimes silently, sometimes screaming. And today, after having observed it, listened to it, feared it, and transformed it, I can say that it has been one of my most faithful traveling companions.

The Turning Point

I vividly remember the day everything changed. I was in a meeting, sitting at the table as a manager, surrounded by tense faces, sharp words, and tense silences. All it took was one misplaced sentence, a tone higher than appropriate, and the room filled with pent-up anger. In that moment, I realized I could no longer ignore the weight of emotions—not my own, nor those of others.

Anger was not just a problem to be managed: it was an energy demanding to be understood. I had to find a way to transform it, to give it form, to make it useful. That realization was my turning point: to stop fighting it, to start talking to it.

The Difficulties

Anger is not easily tamed. It is like a raging river: if you try to stem it without knowing its course, you risk being swept away. My first attempts to manage it were clumsy, full of mistakes. I reacted too quickly, spoke without thinking, acted without considering the consequences.

Every mistake, however, taught me something. I understood that anger is not the enemy, but a messenger. It should not be silenced; it should be listened to. It should not be feared; it should be interpreted. It is a signal that invites us to look within, to recognize what hurts us, what we lack, what moves us.

The Transformation

As a free thinker, I found refuge in deep reflection and in engaging with those who, like me, sought a broader

meaning in human emotions. I learned to observe anger, to engage with it as one would with an old friend: with respect, with attention, with curiosity.

Behind every outburst of anger, I have discovered a hidden truth, an unexpressed need, a longing to be understood. Today, I no longer fear anger. I recognize it for what it is: a human emotion, a part of me that deserves to be heard, but which has no right to become my master.

Living without anger does not mean eliminating it. It means learning to live with it, transforming it into a force that inspires, guides, and builds.

The Sparks

There are emotions that arise in silence, and others that explode like fireworks. Anger, for me, was initially a spark: a subtle warmth that crept through the folds of the days, in the deepest silences, in unspoken gestures.

Often ignored, underestimated, that spark had the power to ignite suddenly, fueled by perceived injustices, broken expectations, and hurtful words. I remember the first time I understood its power: I was young, trapped in a situation I felt was profoundly unfair. The words of others were thin, sharp blades that dug into my pride and my identity.

The anger crept slowly, like an underground river that suddenly burst forth. I still did not know how to manage it. I simply felt it, endured it, let it grow without understanding it.

Inside Themselves

Growing up means learning to name emotions. And anger is no exception. In the early years, however, I did not have the tools to deal with it. I took refuge in silence, or I reacted impulsively, giving voice to words that did not represent me.

Every reaction added fuel to the fire, distancing me from the peace I sought. But that period of confusion was precious. It was the beginning of an inner journey, a tortuous path that would lead me to explore the roots of my anger.

It was not just an emotion: it was a cry for attention. A signal that something inside me needed to be heard, understood, welcomed.

The Lessons

The turning point came thanks to unexpected encounters, sincere conversations, and exchanges with people who brought with them subtle wisdom, matured over time. Thanks to them, I began to look at anger with new eyes.

I understood that anger is an indicator, not an enemy. It should not be suppressed, but deciphered. Behind every outburst of anger lies a deeper truth, an unexpressed need, a desire for respect, recognition, and a listening ear.

I remember an episode that changed my approach. A colleague, in a moment of extreme tension, addressed me with words full of contempt. My instinct was to react harshly. But something held me back. I decided to take a step back, to listen. And there, beneath that anger, was fear. There was insecurity. There was humanity.

A Look

From that moment on, I began to see anger as a messenger. Not always kind, but always necessary. It helped me recognize my limits, defend my values, and establish healthy boundaries.

Every episode of anger became an opportunity for growth, reflection, and choice. Anger, transformed into awareness, proved to be a force capable of guiding me toward greater personal integrity.

The first sparks, if understood and managed, can illuminate the path. It is not an easy journey, but it is necessary. This chapter represents my first step toward deeper understanding. It has taught me that every emotion, even the most intense, can become a powerful guide—if welcomed with an open mind and a firm heart.

Anger, far from being an enemy, can become one of the most precious allies on the path to self-realization.

Inside the Silence

There are moments when anger, too long repressed, does not ask for permission. It does not wait for the right moment, it does not announce itself gracefully: it explodes. And when it does, it does not just destroy what surrounds us, forces us to look within, to reckon with what we have ignored, avoided, buried.

I want to tell you about a young man from Southern Italy. A wonderful land, full of light and history, yet marked by deep wounds: high unemployment, widespread crime, dreams that often never even come to fruition. That young man

fought every day to find his place in the world. His anger was silent, yet constant. A latent fire was fueled by the injustice around him: friends forced to abandon their studies, families torn apart by poverty, hopes stifled before they could even be expressed.

The Void

I was at a point in my life where everything was going according to plan. My career was advancing, relationships were stable, and goals were coming. Yet, inside me, something was not right. A subtle emptiness, a restlessness I could not explain. I ignored the signs: sleepless nights, obsessive thoughts, constant tension. I told myself it was normal, that it was part of adult life. But that emptiness grew, silent and relentless.

Then that day came. A banal discussion, born from a trivial matter, a carelessly spoken word, an insignificant oversight—turned into an explosion. The words tumbled from my mouth like knives, my voice trembled, my body reacted as if possessed by something I did not recognize. I was not just talking to the other person: I was screaming against years of repressed emotions, against myself, against everything I had accumulated without ever giving myself the right to feel it.

The Truth

When the storm subsided, I was alone. Alone with my silence, with the questions I had never dared ask, with a guilt that seemed unbearable. I asked myself: *How did I get here? Why did I let that spark become a fire?*

Anger was not the problem. It was the symptom. The result of years of unacknowledged sacrifice, unrealistic expectations, promises made to me and never kept. I had set impossible standards for myself, convinced that only by reaching them would I find peace. And every time I failed, I repressed the frustration, accumulating it like an invisible burden. The truth was not hidden in Pandora's box, but in my very way of life.

The Lie

A lie is not always a lie. Sometimes it is protection. Sometimes it is a dream. Sometimes it is the only way we can stay alive.

There are those who lie out of fear, those who lie out of love, those who lie because they can no longer distinguish truth from desire. In these pages, you will not find judgments. You will find voices. Voices that tremble, which contradict each other, that hide behind broken sentences and excessively long silences.

Every story that follows is a lie told to tell the truth. Each character is a fragment of me, of you, of anyone who has ever needed to invent something to survive.

Do not ask yourself what you read happened. Ask yourself if it happened inside you.

Active and Passive Communication

There are words that come like arrows, and others that hide behind the blink of an eye. Some voices speak to exist; others remain silent so as not to disappear. Communication

is not just what you say. It is also what you avoid, what you imply, what you hope will be understood.

In each story that follows, communication will be the invisible thread holding the fragments together. Active, when the character takes up space, demands truth, breaks the silence. Passive, when they withdraw, protect themselves, dissolve into unsaid.

But there is no judgment. Active communication is not always courage. Passive communication does not always escape. They are postures of the soul, survival strategies, emotional languages that adapt to the context, the wound, the desire.

Each character will speak in their own way. With shouts, with glances, with unsent letters. And the reader will be called not only to listen, but to decipher. To read between the lines, to feel the weight of what is left unsaid.

Because true communication is not what fills space. It is what transforms it.

The Dialogue

It was then that I began to dialogue with myself. Not by chance, but by necessity. I immersed myself in a splendid self-analysis, supported by profound reading and resources found online. Every written word, every concept explored, sparked new awareness. I read authors who had dedicated their lives to understanding emotions, managing them, and promoting their dignity.

I asked myself: *What behavior patterns led me here? What wounds from the past I am still trying to heal?* The answers

were not easy, but they were true. I discovered that I had been using anger as a shield, a barrier to protect myself from fears I had never had the courage to name.

The internet, with its endless possibilities, offered me practical tools: guided meditation, breathing techniques, forums of people sharing stories similar to mine. I felt less alone. I understood that I was not the only one struggling with anger, and that there was a way to transform it into something useful, constructive.

The Mirror

I wrote pages and pages in my journal. I analyzed the situations that had triggered my anger, I looked for patterns, recurring moments, hidden truths. Those pages became a mirror. And in that mirror, I finally saw myself: not the manager, not the son, not the partner—but the man. The man who needed to be listened to, understood, accepted.

Every question opened a wound, but also a possibility. I asked myself: *Why did you ignore the signals of your body and mind? When did you stop listening to yourself?* The answer was painful, but inevitable: I had forgotten that strength lies not in holding everything inside, but in finding the courage to let go.

The Restart

Within the silence, I found my voice. Within anger, I found my truth. And in that internal dialogue, I discovered that anger is not condemnation, it is a calling. A calling to live with more authenticity, with more awareness, with more grace.

This chapter is not a confession. It is a rebirth. It is the moment I stopped fighting my emotions and started walking alongside them. With respect. With listening. With strength.

The Reconstruction

Rebuilding was never easy. It was like trying to relight a dead cigarette: the flavor changed, and not always for the better. Every attempt to regain control felt different than I had imagined. I realized that rebuilding was not about going back to the way I was before, but about accepting that I had changed. That I had learned. That I had lost something but also gained a new perspective.

I decided to approach anger differently. No longer as an enemy to be fought, but as an ally to be understood. I began to write. Every word was a brick, a bridge between my inner and outer world. I spoke with trusted people, sharing my emotions without fear of judgment. Some listened with empathy; others offered me new perspectives. Every conversation was a step forward.

But it was not enough. I also had to find a way to release the accumulated tension. I discovered the power of conscious breathing. Each deep breath removed a fragment of that anger, making way for a calm I had not felt in a long time. I began practicing meditation, dedicating time to myself every day, even if it was just a few minutes. Small gestures, huge impacts.

The Rebirth

Rising from the ashes was like witnessing the reconstruction of Venice's Teatro La Fenice: a symbol of resilience that mirrored my own inner journey. But, as

happened at La Fenice, I collapsed again shortly thereafter. Rebirth is not a straight line. It is made of difficulties, of temporary victories and lingering doubts.

From that explosion came a new awareness. I understood that silence is not always a virtue. Holding back emotions can transform them into a destructive force. Anger had taught me that true strength lies in recognizing one's limits, accepting one's vulnerabilities, and finding the courage to face them.

I began to see every emotion not as an obstacle, but as an opportunity for growth. Anger, far from being an enemy, had become a guide. It pushed me to reflect on what was enormously important, what was worth defending, what I could let go of. It was a lesson in balance, humanity, and self-acceptance.

A Reason to Reflect

Every explosion, however devastating, brings with it the opportunity for rebirth. But rebirth is not a definitive solution. It is a guide, an invitation to walk a new path with a unique perspective. Anger does not disappear completely, but it can be transformed into a force that accompanies us in creating new experiences.

It is not about finding the solution to a problem, but about discovering a way to deal with it every time it recurs. This is the power of anger: a fire that burns but can also illuminate. That day marked the beginning of a new phase in my life, a phase in which I learned to live with greater awareness, to respect myself, to transform every difficulty into an opportunity for growth.

The Fragile Equilibrium

Anger is a flame: it can illuminate, but it can also burn. For a long time, I walked a fine line, trying to balance my emotions without falling into excess. This chapter is dedicated to that journey: to the small victories, the inevitable setbacks, the trials that have marked my path.

I have always associated balance with levers in physics: the largest is not always the most powerful. Strength lies not in mass, but in the point of support. This principle taught me that balance does not depend on brute force, but on the conscious distribution of energy.

Balance is not like the circus trapeze artists who fall into a safety net. In real life, every mistake has consequences. Sometimes painful ones. This awareness makes the pursuit of balance even more difficult, but also more meaningful.

I had just finished eight years of Catholic boarding school. An environment that had shaped my sense of duty, discipline, and morality. It had taught me to control my emotions but also repressed part of my spontaneity. This baggage, both positive and negative, accompanied my every attempt to find balance.

I remember one episode. During a meeting, a colleague abruptly questioned my actions. Anger welled up inside me, ready to explode. But instead of reacting, I chose to listen. Behind those words was a sincere concern, even if poorly expressed. I turned that moment into a constructive dialogue, rather than a confrontation.

Awareness

Awareness arises in silence. Not in the noise of the world, but in inner stillness. It is there that emotions find their place, that the mind relaxes, that the heart can speak.

It does not come like a bolt of lightning. It is the fruit of constant practice, an inner journey that requires time and patience. Every time I allow myself a moment of silence, I find answers I did not know I was looking for. Memories that illuminate, emotions that clarify, thoughts that find order.

I have learned to create this space even in the most chaotic moments. A few minutes are enough to close your eyes, breathe, and let your mind calm down. That is where awareness manifests: like a guiding whisper, like a light that illuminates.

True balance is not found in repressing emotions, but in understanding them. Awareness has become my compass. I have learned to stop, breathe, and ask myself: *Why do I feel this way? What can I do to respond constructively?* Every response is a small victory. A step toward an emotional maturity that is not measured in years, but in choices.

PROLOGUE TO THE STORIES PART TWO

The Tools

Along my journey, I discovered tools that helped me maintain my balance. They were not miracle solutions, but

daily practices, simple gestures that, when repeated over time, built a new stability.

Meditation became one of these foundations. Every morning, I spent a few minutes breathing, letting go of accumulated tension, observing my thoughts without judging them. It was like opening a window inside me, letting fresh air in.

Writing, then, was my mirror. Putting my thoughts down on paper allowed me to see them from the outside, to recognize them, to understand them. Each word was a brick that rebuilt the bridge between my inner and outer worlds.

Another fundamental tool was talking to trusted people. Sharing my emotions, without fear of being judged, helped me feel less alone. Each conversation was a building block that strengthened my ability to face daily challenges. I was not looking for answers, I was looking for someone to listen to. And often, it was through listening that I found direction.

Falls & Lessons

I was not always successful. There were times when I lost my balance when anger got the better of me. But every fall taught me something. It reminded me that I am human, that balance is a continuous process, not a destination. And it showed me that even after fall, it is always possible to get back up.

Teaching people to get up is one of the most important lessons. When we collaborate with people with disabilities, for example, we cannot fool them into thinking they will never fall. We must teach them how to cope with those falls,

how to adapt, how to use the ground itself to find the strength to get back up.

It is a powerful metaphor that applies to all of us: life does not provide a safety net, but we can learn to fall less painfully and get up again with greater determination.

Balance is fragile, but it is also powerful. It is not a permanent condition, but a daily practice. This chapter is not a celebration of my victories, but a testament to my commitment to finding a better way to live with emotions. Anger has not disappeared, but I have learned to walk alongside it, accepting it as part of me. It is in this unstable and continuous balance that I find the strength to grow, every day, transforming my internal struggles into opportunities for learning and awareness.

The Discomfort

Anger is one of the most powerful emotions, and often also one of the most misunderstood. We see it as an emotion that divides, separates, and destroys. But anger, when listened to and understood, can be something more: it can become a catalyst for change. It is the jolt that awakens, the engine that propels us forward, even when everything is trying to stop us.

Change never comes without a certain degree of discomfort. It is universal law: to grow, we must leave something behind. However, when change takes us by surprise or is imposed from outside, that discomfort is amplified. It transforms into a feeling of loss, rebellion, and often culminates in anger.

Imagine waking up one morning and finding your routine, your comfort zone, upended. You are used to having milk and coffee for breakfast, but now someone says you will be eating twelve eggs. You had no say in the matter, nor time to prepare. This is the kind of change that generates anger: an emotion born of feeling stripped of control.

But it is precisely in these moments that we can find opportunity. Discomfort is the first step toward transformation. For me, one of the most difficult moments was accepting that not everything could be as I had planned. There were situations in which the world forced me to change course, to reconsider all my certainties. At first, the discomfort was unbearable. But over time, I learned that that discomfort was also a signal: it was telling me it was time to look beyond.

The energy

Anger is energy. It is the impulse that pushes us to not accept what does not seem right, to fight for what we believe is important. However, this energy can be a double-edged sword. If left unchecked, it can overwhelm us, turning into an all-consuming fire. But if we learn to channel it, it can become an incredibly constructive force.

I remember an episode that marked a turning point in my life. A decision made against me had upended all my plans. The anger was immediate, visceral. I felt betrayed, and my first impulse was to react harshly. But instead of letting it overwhelm me, I decided to stop and listen to that anger.

I asked myself, *"What is this emotion telling me? What is the real problem behind this reaction?"* Those questions

transformed my anger into something different: no longer an obstacle, but a driver for action.

I have learned that anger often stems from a sense of helplessness, but it can be transformed into determination. It is a flame that can illuminate new paths if we choose to use it to build rather than destroy.

Change

Transformation as an Act of Courage

Accepting radical change is never easy. It requires a great capacity for adaptation, but a deep understanding of oneself. When I found myself faced with changes I had not chosen, my first reaction was resistance. I asked myself, *"Why does it have to be this way? Why should I leave what I know for something so different?"*

The answer I have discovered is never linear. Change forces us to look within, to question what we consider important, what defines us. I have learned that accepting change does not mean giving up but finding a way to integrate it into our lives without losing our identity. It is an internal negotiation, often silent, in which anger can become an ally: a guide that pushes us not to settle, to seek deeper truths.

Transformation Tools

In my journey, I have discovered that the key to transforming anger into an engine of change lies in the tools we choose to deal with it.

- **Writing** was the first. Putting emotions on paper allowed me to explore their roots, to give them

shape and meaning. Each word was a step toward understanding, a milestone in my inner journey.

- **Engaging with others** was equally crucial. Talking about my anger with trusted people helped me see it from new perspectives. I realized that often what makes us angry is not the event itself, but the meaning we attach to it. Changing perspective is an act of courage, but also of liberation.
- **Breathing and awareness** have become daily tools. In moments of tension, stopping, closing my eyes, and focusing on my breathing has helped me find my center. It is a simple yet incredibly effective gesture for transforming the energy of anger into clarity and presence.

Anger as a Signal

Anger is not an emotion to be feared, but to be understood. It can be the cry of a soul seeking change, a signal that something within us or around us needs attention. The most profound changes in my life have come from moments of anger—from those sparks that forced me to stop, reconsider everything, and start over.

It is not easy to embrace anger, much less use it as a catalyst for change. But if we learn to do so, we discover that this emotion can become one of our greatest allies. Anger speaks to us. It challenges us. It pushes us not to remain immobile.

Ultimately, living with anger does not mean letting it overwhelm you. It means transforming it into a force that

lights the way, guiding us toward a more authentic, more conscious, and more personal future.

Repression

Anger is often associated with yelling, outbursts of rage, and impulsive actions. But not all its forms are visible. There is a silent, deep anger that nestles in the soul like embers beneath ashes. It does not explode as it consumes. It wears away. It slowly transforms our relationships with ourselves and others.

This invisible anger is the fruit of years of conditioning. We are taught that being angry is wrong, that showing strong emotions is a sign of weakness. So, we learn to repress. To smile when we want to scream. To remain silent when we want to rebel.

But that silence is not peace. It is a buildup. It is the prelude to an emotional escape that, if it cannot find a voice, manifests itself elsewhere: in the body, in the mind, in behavior.

Signals and Risks

Repressed anger does not show itself in outbursts. It creeps in. Its signs are subtle, but persistent:

- Constant irritability, even in neutral situations
- Difficulty concentrating, as if the mind is always somewhere else.

- A feeling of uselessness, which pervades even the most positive moments.

- Muscle tension, chronic pain, gastrointestinal disorders

- Insomnia, fatigue, apathy

On a psychiatric level, silent anger can contribute to the onset of disorders such as depression, generalized anxiety, and somatic symptoms. The brain, under constant stress, chronically produces cortisol. And this hormonal imbalance undermines health, clarity, and vitality.

Giving Voice

The solution is not to eliminate anger. It is to give it a voice. It is to acknowledge it, embrace it, and transform it.

This can happen through:

- **Psychotherapy:** a guided journey to explore emotional roots, name experiences, and rebuild internal dialogue.

- **Mindfulness:** Awareness practices that help you observe emotions without judgment, creating a safe space to feel them.

- **Free writing (journaling):** putting your feelings down on paper, without a filter, is a powerful way to

transform silence into words, burden into understanding.

Writing is like opening a window inside yourself. Every sentence is a step toward liberation. Every word is a bridge between what you feel and what you can finally say.

The Silence that Heals.

Repressed anger is not condemnation. It is a call. A call to acknowledge what has been silenced for too long. To give dignity to the emotions we have been taught to hide. To transform silence into awareness, healing, rebirth.

This chapter is an invitation not to ignore the embers beneath the ashes. Because even the quietest fire can illuminate—if we let it speak.

DIVIDE / UNITE

Anger in Relationships and Society

Anger, in relationships, is an explosive element. It is the emotion that most easily breaks bonds, but also the one that—if managed consciously—can strengthen them. It is a two-faced force: it can destroy, but it can also build. It can push people apart, but it can also bring them closer.

When anger is chronic or poorly managed, it can contribute to the development or aggravation of existing psychiatric conditions, such as borderline personality disorder or social

anxiety. In these cases, anger is not just a symptom: it amplifies distress, an emotional trigger that undermines relational stability.

Relationships and Reflections

Every relationship—romantic, family, professional—is fertile ground for anger. Often, what makes us angry in others reflects something we do not accept ourselves. Recognizing this mechanism is the first step to transforming anger into an opportunity for mutual growth.

In some relationships, anger becomes part of a toxic cycle: emotional outbursts followed by icy silences, unheard apologies, and unfulfilled promises. It is a painful dance, where the fear of abandonment fuels conflict, and the need for control stifles communication.

This dynamic is common in individuals with disorders such as borderline personality disorder, where emotional instability makes every relationship a minefield. But even in "normal" relationships, anger can become a constant presence if not acknowledged and managed.

Communication and Therapy

Couples or family therapy can be a powerful tool for breaking these destructive cycles. The key is learning to communicate anger assertively: not to hurt, but to express. Not to attack, but to clarify.

Saying *"I feel hurt"* is different from saying *"You hurt me."* The difference is subtle, but crucial. That is where anger stops dividing and begins to unite.

The Collective Rage

When anger moves from the individual to the collective level, it becomes a force for social transformation. But even here, the line between construction and destruction is thin.

Collective anger often arises from a combination of perceived injustice, a sense of exclusion, and a desire for change. It can explode into protests, political movements, and revolutions. It is a shared, powerful, yet unstable energy.

If left unchanneled, it can degenerate into impulsive, violent, and self-destructive behavior. People caught up in collective anger are exposed to extreme levels of emotional and physical stress. The risk of trauma, such as PTSD, is high—especially when anger is combined with violence.

Leadership and Vision

Movements driven by strong leadership and an unobstructed vision are more likely to transform anger into positive change. History proves it.

The civil rights movement in the United States, for example, channeled anger into peaceful yet powerful action. It transformed pain into dignity, protest into proposal, conflict into change.

Anger, if listened to and guided, can become a collective voice that does not destroy, but rebuild.

TO DEFEND / TO LOVE

Anger as the Guardian of Identity

Anger is often a signal that something important has been threatened. It is the voice that warns us when our boundaries are violated, when our values are questioned, when what defines us is ignored or trampled upon.

It is not a random emotion. It is a response. A defense. A form of self-love.

But when we are unable to establish healthy boundaries, anger can become destructive. It can turn into a wave that overwhelms, rather than protects. The inability to defend one's boundaries is often linked to conditions like depression, anxiety, and paranoia. In these cases, anger is no longer a signal: it is a symptom. A constant reaction to a feeling of invasion, vulnerability, and loss of control.

The Border as a Cure

Learning to say *"no"* is an act of self-protection. It is the first step in preventing many dysfunctional manifestations of anger. Saying *"no"* is not selfish. It is respect. It is awareness. It is how we assert our identity without attacking that of others.

At the same time, respecting others' boundaries is essential to maintaining healthy relationships. Anger should not become an excuse to invade, dominate, or hurt. It should remain a voice that defends, not a hand that strikes.

Assertiveness as a Tool

Assertive therapy is a specific approach that helps people recognize and establish emotional and physical boundaries. It is particularly useful for those struggling with passive-aggressive behavior, uncontrolled outbursts, and the difficulty expressing their feelings without fear or anger.

Being assertive means:

- Recognizing your needs
- Express them clearly and respectfully
- Accepting the other's right to do the same
- Build relationships based on reciprocity, not reaction.

The Anger That Loves

Defending is not the opposite of loving. It is the most authentic way to do it. Because love, to be true, needs boundaries. It needs respect. It needs anger that does not destroy but protects.

This chapter is an invitation to see anger as a guardian. Not as an enemy, but as a voice that reminds us of who we are, what matters, and where we end up and the other begins.

LIBERATION / TRANSFORMATION

Forgiveness as an Act of Emotional Strength

Forgiveness is often misunderstood. Seen as weakness, as renunciation, as surrender. But it is one of the most profound forms of emotional strength. Forgiving does not mean forgetting. It does not mean justifying. It means freeing yourself. Freeing yourself from the burden of anger, the poison of resentment, the prison of the past.

It is a process. Slow. Intimate. Sometimes painful. It is the path through which we transform a hurtful experience into a lesson in growth. When we choose not to forgive, we enter a toxic cycle where anger fuels itself. This chronic state can lead to serious disorders: major depression, obsessive-compulsive disorder, PTSD. The mind shuts down, the body stiffens, the soul shuts down.

Forgiveness as a Cure

Forgiveness does not erase the past. But it frees us from its burden. It is an act that requires time, introspection, and often the support of a therapist. Forgiveness-focused therapy is a specific approach that helps people let go of resentment, acknowledge pain, and find peace.

Forgiveness is not saying, *"Everything's okay."* It is saying, *"I won't let what happen rule my life."* It is a liberating gesture. A step toward a new self-awareness.

The Anger That Transforms

Anger, if left unheard of, becomes a prison. But if embraced, it can become a bridge. Forgiveness is that bridge. It is the moment when anger stops being a reaction and becomes a choice. A choice to live more lightly, with more clarity, with more grace.

This chapter is a reminder not to confuse forgiveness with weakness. It is an act of courage. It is a decision not to remain chained to pain. It is the most powerful transformation we can allow ourselves.

THE ENEMY WITHIN US

Anger and the Dialogue That Hurts Us

Internalized anger is an invisible but devastating force. It does not explode like external anger. It does not scream; it does not break dishes. It creeps in. It transforms into corrosive thoughts, internal dialogues that slowly wear us down. It is that voice that says, *"You're not enough, "You failed, "You should have done more."* And it repeats it. Every day.

Roots of Poison

The roots of this form of anger run deep. They often stem from unresolved trauma, childhood criticism, and the constant need to please others. Instead of being expressed, emotions are repressed. And turned against us. The result is a pervasive cycle, a silent self-punishment that manifests itself in obsessive thoughts, exaggerated feelings of guilt, and avoidance that isolates us.

Mind That Protects

But there is a way out. A mind trained to think dynamically and creatively is more likely to break this cycle. Reading, continuous learning, and intellectual curiosity are powerful tools. They stimulate the areas of the brain associated with reflection, self-control, and emotional management. They help us recognize negative thoughts and transform them into constructive ones.

Medical literature confirms it: a mentally active lifestyle promotes an excellent quality of life and reduces the risk of developing psychiatric disorders. Those who regularly engage in mental activity have greater emotional resilience and a reduced risk of depression, anxiety, and psychosomatic illnesses.

Body That Reacts

If left untreated, internalized anger can become biologically toxic. The mind, constantly activated by negative thoughts,

produces elevated levels of cortisol—the stress hormone. This chronic state impairs cognitive function, disrupts sleep, and weakens the immune system. The body speaks. And it often does so, through symptoms we do not even know how to connect to the mind.

Recognize to Transform

To counteract internalized anger, the first step is to recognize it. It manifests itself in:

- Constant self-criticism
- Disproportionate feelings of guilt
- Avoiding situations that might reveal our "weaknesses."
- Difficulty receiving compliments or recognition.
- Tendency to sabotage one's own successes.

Reading self-help books or deep fiction can function as a mirror. It helps us identify these dynamics, name them, and begin the process of transformation.

Free Yourself from the Enemy

Self-angering is the most difficult enemy to face. But it is also the one that, once recognized, can become the greatest

ally. Because it forces us to truly look at ourselves. To stop punishing ourselves. To start understanding ourselves.

This chapter is an invitation to not ignore that inner voice. To name it. To transform it. Because even the enemy within us can become part of our healing.

THE MANAGEMENT

Anger in Awareness

The anger that takes root within us is often an invisible burden. We carry it without realizing it, but it interferes: in our actions, our thoughts, our relationships. Transforming it into something constructive is a challenge. But it is also an opportunity. A door that, if opened with awareness, leads to profound change.

Thoughts That Fuel

Our minds can generate thoughts that fuel anger, often automatically. Reorganizing these thoughts is essential for well-being. Cognitive behavioral therapy (CBT) helps us recognize destructive patterns and replace them with healthier alternatives. It is not just a mental exercise. It is an art: that of relearning how to think.

A delightful book on managing emotions can become a companion. It offers practical tools, reflections, and exercises. It helps us integrate new habits into our daily lives and build a more compassionate internal dialogue.

Reading as Introspection

Reading is not just entertainment. When done thoughtfully, it becomes a mirror. Books offer us stories that reflect our inner struggles, solutions that speak to our emotional turmoil. Whether fiction or nonfiction, every page is an opportunity to see ourselves from a unique perspective. An open mind finds peace even between the lines.

Activities That Transform

Anger often stems from deep anxiety. One way to release it is to engage in activities that stimulate the mind and body. Learning a language, tackling a puzzle, or writing these are all actions that channel energy productively.

Writing is a form of self-therapy. We put our anger on paper, observe it, understand it. And we transform it into words that tell a story—and liberate.

Professional Support

When anger is intense and difficult to manage, it is time to seek help. A therapist or psychiatrist, with the right approach, can help us uncover the underlying causes. Medication can alleviate acute symptoms, but it is therapeutic intervention that truly establishes change.

True healing does not happen simply by treating symptoms. It happens when we change the way we react to stimuli. When we learn to respond, we do not just react.

Cultivating a Dynamic Mind

Managing anger means cultivating a dynamic mind. Not just reading or learning something new, but developing an internal dialogue that does not judge, but supports. That does not condemn but accepts.

Internalized anger is a silent enemy, but not an invincible one. Through mental training and engaging in stimulating activities, we can break the cycle of judgment. We can find new paths to self-understanding.

Medical studies confirm it: an active and curious mind improves the quality of life, protects against mental decline, and strengthens emotional resilience.

The Lasting Balance

Transforming anger is not easy. But it is possible. Every step, every conscious choice, is a seed. A seed that can grow into a new strength, capable of revitalizing our existence.

Herein lies the key to lasting balance. Not perfect. But true.

FIRE & INSPIRATION

When Anger Becomes Art, Vision, Change

Anger is an intense, primal emotion, often associated with destruction. But beneath its incandescent surface lies a

spark: that of inspiration. History is full of artists, writers, and innovators who have transformed anger into extraordinary works. Not as an impulsive reaction, but as channeled energy, as a vision born from disappointment.

Anger as a Creative Impulse

Anger may seem chaotic, but it holds unique potential. It is pure energy, ready to be transformed into something meaningful. When faced with injustice, disappointment, or an obstacle, anger pushes us to react. And for many, this reaction takes shape in creativity:

- A painting that screams silently
- A poem that burns between the lines
- A song that vibrates with truth
- An innovative solution to a complex problem

Active Mind, Inspired Mind

A key aspect of this transformation is the ability to maintain dynamic brain activity. Cultivate curiosity, intellectual discipline, and an open mind. Medical literature confirms this: an active mind fosters creativity, protects against cognitive decline, and reduces the risk of mental disorders.

Scientific studies show that engaging in stimulating activities—such as reading, writing, and solving complex

problems—increases brain plasticity. A trained mind is one ready to transform anger into opportunity.

We Are What We Choose

Good people. Good intentions. Bad people. Our behavior determines who we are and what we leave behind for others. We are what we eat, what we read, what we do. Our creativity comes from our choices, our thoughts, our actions. And this also applies to anger: what we choose to do with it defines who we are.

Innovation Born from Disappointment

Some of history's greatest inventions were born out of frustration. Anger at an unsatisfactory situation drove innovators to seek solutions. Consider figures like Thomas Edison or Nikola Tesla: their determination—and often their disappointment—generated progress.

Anger, channeled intelligently, can become vision. It can change. It can become inspiration.

The Potential That Burns

This chapter is an invitation to not fear anger. To recognize it as a force that can destroy, yes—but also create. To cultivate an active, curious, open mind. Because only in this way can we transform fire into light. And emotion into inspiration.

READING & STUDYING

The Mind That Reads, The Anger That Transforms

Reading is not just a pastime. It is an act of resistance. It is the silent gesture with which we choose to nourish our minds, expand our consciousness, and give shape to the emotions that inhabit us. Through books, we enter new worlds, learn different perspectives, and acquire tools to understand and address anger. Literature is not entertainment: it is a laboratory of ideas, a place where we can explore and reorganize our thinking.

Study as a cure

Maintaining a learning routine—whether it is delving deeper into a topic, taking a course, or exploring a passion—is a way to channel mental energy. This process reduces the risk of psychiatric disorders like chronic anxiety, often linked to unmanaged emotions. Anger, if not constructively expressed, can become destructive. Those who cannot express it are more vulnerable to conditions like intermittent explosive disorder, depression, and obsessive rumination.

Medical literature is clear: an inactive mind, devoid of stimulation, tends to ruminate on negative thoughts, amplifying distress. An active mind, on the other hand, builds bridges. Toward understanding. Toward healing.

Write, Create, Transform

Anger is powerful. If left unmanaged, it consumes us. But if channeled, it can become a driver of change and personal growth.

- **Therapeutic writing:** journaling, authoring stories, putting down on paper what burns inside. It is not just a way to vent its reflection, critical thinking, and reworking. Writing helps us deconstruct anger, see it from another angle, and better understand ourselves.

- **Art as an emotional language:** painting, music, dance. Every creative form is a safe space to express oneself without judgment. The process stimulates the brain, reduces stress, and promotes concentration. Every brushstroke, every note, every movement is a word the body speaks to free itself.

- **Inspirational reading:** Choosing books that tell stories of resilience offers us role models. It reminds us that even our anger can be a strength, not a burden. Every page is a chance for rebirth.

- **Continuous learning:** learning a language, an instrument, or a new skill. It activates areas of the brain that process emotions in a healthy way. Each new understanding is a seed that grows in our inner world, transforming anger into creative energy.

Anger as a Generative Force

Anger is not an enemy to be feared. It is a force to be channeled. When directed through creativity and dynamic brain activity, it becomes a tool for personal and social transformation.

We are what we do. We are what we read. We are what we think.

In this balance between emotion and inspiration, we can find the path to living a fuller, more conscious, more personal life. A life in which anger does not destroy but builds. It does not hurt, but guides. It does not burn, but illuminates.

Repentance, Power, and Emotional Awareness

Repentance is not weakness. It is a process that requires introspection, courage, and a willingness to look within. Anger, often associated with impulsive reactions, can only be mitigated by an active and reflective mind. Medical literature confirms this: practices such as reading, continuous learning, and meditation help prevent impulsive decisions and better manage remorse.

Here are some key lessons for living in the present with greater clarity:

Awareness of Emotions

Recognize the signs of anger before it becomes uncontrollable. Listen to it, do not suffer it.

Practice of Detachment

Stop. Breathe. Reflect. Every pause is a protection against the impulse.

Education and Reading

Delving into stories like that of Herod and John offer us valuable lessons on how to manage emotions and power. History is not just memory: it is a mirror.

Recognizing Your Power

Like Herod, many of us underestimate the impact our actions have on others. Cultivating empathy and responsibility is the first step to preventing regret.

Repentance does not erase mistakes. But it can transform them. We are children of our emotions and actions. And in every repentance lies an opportunity: to transform pain into growth.

An active and reflective mind, nourished by reading and introspection, is the most powerful means of living a conscious, responsible, and truthful life.

THERAPY AND PLANS

Silence as a Symptom

I did not speak. Not because I had nothing to say, but because every word felt like a threat. The therapist did not ask me to explain; he asked me to stay. And while staying, I discovered that the silence was not empty, it was filled with fear. The first therapeutic plan was this: to give dignity to silence. Not to force it, not to fill it. Just listen to it.

The Cycle That Repeats Itself

Every time I got angry, I ended up destroying what I loved. It was not anger; it was desperation in disguise. The treatment plan was not "controlling the anger," but acknowledging it before it erupted. I learned to say, "I feel invaded." And that broke the cycle.

The Body as Witness

My body spoke before me. Stomachache, jaw tension, insomnia. The therapy did not cure the body. It listened to what the body was saying. The treatment plan became a map: every symptom, a word. Every pain, a phrase I had never said.

The Truth That Scares

I did not want to tell the truth. Not because it was too harsh, but because I feared I would not be believed. The therapist did not ask me to be honest. He asked me to be authentic. The therapeutic plan was this: to stop telling the acceptable version of myself.

Anger as a Compass

I thought anger was my enemy. In therapy, I discovered it was my ally. It showed me where I had been hurt, where I needed boundaries. The therapeutic plan was not to "calm anger," but to give it a voice. I learned to say, "This hurts me." And yelling was no longer necessary.

Forgiveness as a Process

They told me to forgive. But I did not want to forget. In therapy, I understood that forgiving is not erasing, it is stopping carrying the burden. The treatment plan was slow, made up of invisible steps. One day I said, "It doesn't hurt anymore." And I understood that forgiveness had already happened.

The Fragmented Self

I was not one. I was many. The son seeking approval, the lover fearing abandonment, the worker feigning security. Therapy did not seek to unify me. It gave each of us a voice. The therapeutic plan was this: to embrace multiplicity without shame.

The Border as a Cure

I always said yes. For fear of losing, for fear of disappointing. In therapy, I learned to say no. The therapeutic plan was to build boundaries. Not walls, but doors with keys. Now I have decided who will come in.

Thought as a Cage

I was thinking too much. Every emotion was analyzed, dissected, sterilized. The therapist asked me to feel, not to explain. The therapeutic plan was this: let the body speak before the mind.

Care as a Relationship

I did not heal myself. I let myself be healed. The treatment plan was not a technique; it was a relationship. A space where I could be fragile without being broken. And in that space, I began to rebuild myself.

BRAIN ABSENCE – A LIFE LOST

There are moments when life seems to slip through our fingers. Not for lack of opportunity, but for the growing feeling of emptiness within. Brainlessness is not just mental inactivity. It is ceasing to question ourselves. It is losing connection with what surrounds us—and with who we are.

The mind needs nourishment. Not just food, but ideas, experiences, reflections. When we stop nourishing ourselves with stimuli, when monotony takes over, it is as if a part of us shuts down.

This state manifests itself like this:

- The days all pass the same.

- The enthusiasm fades
- Everyday gestures lose meaning.
- The management dissolves
- Inner silence becomes isolation.

It is easy to think, *"I have nothing to say, nothing to offer."* And so, the circle tightens. Life becomes smaller. Quieter.

Small Gestures, Big Awakenings

Even when we feel trapped, there is always a way out. Change does not have to be radical. A small step is enough. A new question. An open book. A walk in a different place.

Every stimulus is a spark. Every gesture is an invitation to rebirth.

Here is how to rekindle your mind:

- **Curiosity:** Start asking questions. *"Why is this happening?" "What is behind what I don't know?"*
- **Relationships:** Talking to others, listening to their stories. Others' perspectives are mirrors that reveal us.
- **Small challenges.** Learning something new, changing a small habit. Every new thing is a seed.

- **Creativity:** Expressing yourself, even if only for yourself. Writing, drawing, music: languages that reconnect us to what is inside us.

Life Is Never Lost

Brainlessness is not a condemnation. It is a reminder. It is the mind asking us not to abandon it. To give it something new to work with, to create with, to live with.

Life is never lost if we find the courage to take a step. No matter how small it is. And in that step lies the possibility of rediscovering not only the world—but us as well.

THE TABOO OF PSYCHOLOGY

In many cultures, seeking help from a psychologist is still seen as a sign of weakness. This stigma is an invisible barrier that prevents millions of people from accessing a tool that could transform their lives. But the truth is simple: turning to a psychologist is not a sign of failure. It is an act of courage. It is the desire to improve, to understand, to evolve.

A psychologist is a guide. They do not prescribe drugs or impose solutions. They offer tools. They help navigate the complexities of the human mind, recognize limiting habits, and build a more conscious and fulfilling life.

In a world that subjects us to constant pressure, the work of a psychologist is more important than ever. Changing habits

is not easy. But it is possible. And the result is a quality of life that is not measured in success, but in balance.

The Psychologist

A psychologist is not just a listener. They are a catalyst for change. They help deconstruct internal narratives and rebuild self-dialogue. They do not offer prefabricated answers, but tools to generate your own. They are traveling companions who do not judge, but guides.

Anger, like many emotions, arises from entrenched mental and emotional habits. Understanding and changing them is difficult. But this is where a psychologist becomes crucial.

Many people do not understand the true role of a psychologist. They are not doctors who prescribe medications. They are professionals who help us look within. To recognize our patterns. To change the way, we live.

Through dialogue and specific techniques, the psychologist guides us toward greater awareness. For example, a person who gets angry easily might interpret any criticism as an attack. The psychologist works to change this perception, transforming the threat into an opportunity.

The Three Stages of Change:

1. **Recognizing toxic habits:** Thought patterns that harm us, such as reacting with anger to frustration.

2. **Replace with new strategies** Learn to express feelings assertively, without exploding.

3. **Training the mind** Mindfulness, conscious breathing, journaling: techniques that teach us to respond, not react.

Drug-Free → With an Integrated Approach

Psychology works at the roots. Psychiatry on reactions. Together, they build an integrated approach, where mind and body are no longer enemies, but allies. It is not a matter of choosing between words and molecules, but of finding the right balance between introspection and stability.

One of the fundamental differences between a psychologist and a psychiatrist is that the former does not prescribe medications. Their work focuses on understanding and modifying mental and emotional processes. It is a slower but more profound approach. It aims to address the root of the problem, not just manage the symptoms.

However, psychologists and psychiatrists often work together. In more severe cases, medications can stabilize the situation, allowing the psychological work to take effect.

Anger responds particularly well to psychological intervention. Numerous studies show that those who collaborate with a psychologist manage their emotions report:

- Greater life satisfaction

- Better quality of relationships

- More positive and aware view of oneself and the world

THE PSYCHOTHERAPIST'S TABOO

The psychotherapist is often seen as a neutral, invisible, impermeable being. They should not make mistakes, they should not feel they should not exist outside the room. But this is the taboo: believing that those who cure do not need healing. As if expertise erased vulnerability. As if knowledge were sufficient to protect against pain.

The therapist is not an oracle. He is a human being who has chosen to stand beside the pain of others, often while dealing with his own. The taboo arises from fear: if even those who care are fragile, then who will save us? But true salvation lies not in perfection. It is in presence. In the ability to remain, even when one trembles.

The Psychotherapist

I do not always know what to say. Sometimes I sit across from someone and feel the weight of their silence as if it were my own. I have learned not to fill the spaces. To let emptiness speak. But there are days when I want to scream, days when I take home the words I have not said.

I cried after a session. Not because of what I felt, but because of what I recognized. A phrase, a wound, a gesture brought me back to myself. And in that moment, I

understood that healing cannot be achieved without being touched.

I am not a savior. I am a witness. And every time someone finds their voice, I find mine.

Relationships and Successes

Therapeutic relationships are not linear. Some begin with anger, others with silence. Some fracture, others transform. But all leave an imprint.

I have seen people come in bent over with pain and leave with their gaze lifted. Not because the pain was gone, but because they had learned to bear it with dignity.

Success is not healing. It is movement. It is the moment someone says, "I don't know how, but today I breathed better." It is when the trauma is no longer the center, but a part. It is when the past no longer dictates the present.

And I, who have heard hundreds of stories, know that every success is fragile. But even fragility can be a form of strength.

THE TABOO OF PSYCHIATRY

Psychiatry is still shrouded in fear and prejudice. Many people think that seeing a psychiatrist means being "seriously ill." But the truth is different. A psychiatrist is a doctor. He specializes in the biological workings of the

mind. He works with medications, yes—but not to suppress emotions. To stabilize them. To allow the person to find their center.

The Psychiatrist

The psychiatrist is not a doctor who "cures madness." He is the mediator between biology and consciousness. He works with brain chemistry to restore balance, clarity, and possibility. Medications are not cages, but bridges. And his role is to build them with respect, listening, and precision.

A psychiatrist intervenes when symptoms are too intense to be managed through discussion alone. Major depression, bipolar disorder, obsessive-compulsive disorder, and PTSD are conditions that alter brain chemistry and require medical intervention.

Medication is not a shortcut. It is a bridge. Temporary support that allows the mind to regain stability. And the therapist works deeply.

Therapeutic Plans

An effective treatment plan is integrated. The psychologist and psychiatrist collaborate. The patient is at the center. Treatment is not just pharmacological. It is relational. It is educational. It is transformative.

Each plan is personalized. Based on your history, symptoms, and resources. And always focused on dignity.

Drugs and their effects

Psychiatric medications affect the neurotransmitters serotonin, dopamine, and norepinephrine. They can cause side effects: drowsiness, mood swings, and sleep disturbances. But when used correctly, under medical supervision, they are valuable tools.

Fear of drugs often stems from ignorance. But knowledge is liberating. And knowing how they work allows us to use them with awareness, not fear.

A Moment of No Return

There are moments when mental suffering becomes unbearable. When anger, sadness, and confusion overwhelm us. When the thought of failure becomes an obsession.

In those moments, asking for help is not an option. It is a necessity. It is the only thing that can save us.

There is no shame. There is no weakness. There is only humanity.

And in that gesture—in asking for help—there is already the first healing.

Closure

This book is not just a journey through anger. It is a tribute to those who have chosen to face it with courage, with

tools, with professionals. Psychologists and psychiatrists are not distant figures: they are bridges, they are beacons, they are outstretched hands. And in a world that often asks us to be strong alone, they remind us that asking for help is the first true act of strength.

THE TEN POSTURES OF THE SOUL

Man lives not only by facts, but by interpretations. Faced with the same event, one can be optimistic or catastrophic, legal, or illegal, feasible or impossible. These ten stories are not just tales. They are mirrors. Each reflects an emotional posture, a choice of perspective, a mode of resistance or surrender.

OPTIMISM – "The Light That Never Gives Up"

Lucia, 42, receives a terminal diagnosis. Instead of giving up, she decides to live each day as if it were her first. Her optimism is not naive, but radical: a form of resistance against fear.

Narration

Lucia plants seed in the garden every morning, even though she knows she will never see the flowers. She writes letters to her daughter for every future birthday. Her body weakens, but her voice grows stronger. The neighborhood calls her "the woman who smiles even when the wind blows against her."

PESSIMISM – “The Broken Glass”

Gianni, 58, has lived alone since his wife's death. Every daily gesture is permeated by a sense of failure. But a chance encounter with a child shows him that life is not always a threat.

Narration

Gianni observes the world from his window, noting everyone's mistakes. When little Leo asks him to teach him how to make a kite, Gianni reluctantly agrees. The kite's flight forces him to look up for the first time in years.

POSSIBILIST – “The Door Ajar”

Irene, 29, a precarious artist, lives between dreams and reality. She does not believe in certainties, but in possibilities. Every choice is a crossroads, every mistake a new path.

Narration

Irene moves cities every six months. She paints doors, always ajar. She meets people, loves them intensely, and lets us go. Her diary is full of "maybes," "who knows," and "we'll see." Yet, every page is alive.

CATASTROPHIC – “The Day After”

Marco, 45, is convinced the world is about to end. He builds a bunker for his family, but the real collapse is emotional: he has lost the present for fear of the future.

Narration

In the bunker, Marco keeps everything under control: food, water, silence. But his daughter asks him, "Dad, when are we going back to living?" The question disarms him. The bunker becomes a prison, and his mind is the true battlefield.

POSITIVE – “Marta’s Smile”

Marta works in a hospice. Every day she sees someone die, but she never stops smiling. Her secret? She does not confuse the end with meaninglessness.

Narration

Marta authors poems for her patients, leaving them under their pillows. When someone dies, she plants a flower in the internal garden. She says, "Every goodbye is a goodbye to beauty." Her smile is not frivolity; it is a choice.

NEGATIVE – “The Weight of No”

Davide, 33, always says no. No to love, no to risk, no to change. But an encounter with a woman who asks nothing forces him to reconsider the meaning of rejection.

Narration

Davide lives in a house without mirrors. Every day is the same. When he meets Chiara, she does not challenge him, she does not force him. She tells him stories of those who said yes. And Davide, for the first time, writes a letter he does not delete.

LEGAL – “The Rule and the Blood”

Anna, a judge, must decide whether to apply the law or listen to her conscience. The case is simple, but the truth is complex.

Narration

A boy stole it to save his sister. The law is clear: condemnation. But Anna rereads the law through the eyes of a mother who has lost a son. The sentence she writes is poetry disguised as justice.

ILLEGAL – “The Hand That Steals”

Fatima, an immigrant mother, steals to feed her son. Her story is not an excuse, but a question: when does the law not protect, who protects the law?

Narration

Fatima enters a supermarket and takes only what she needs. She is arrested. In court, she does not speak. But her silence speaks louder than words. The judge asks her, "Why didn't you ask for help?" She replies, "Because there was no one."

FATTIVO – “The Builder of Silence”

Tommaso, 50, has lost everything. He does not speak, he does not dream, he does not hope. But he builds. Each brick is a silent prayer.

Narration

Tommaso rebuilds a house destroyed by fire. He says nothing, but every gesture is precise. The neighbors watch

him, helping him. Finally, the house is ready. And Tommaso, for the first time, invites someone in.

IMPOSSIBLE – "The Story That Should Not Have Happened"

Two people love each other against all logic, all distance, all obstacles. Their story is impossible. And yet it happens.

Narration

She is in prison. He is the son of the judge who sentenced her. They write letters, they meet in dreams. The world says no, but their love says yes. When she gets out, they do not look for each other. They find each other.

Epilogue: Where Postures Meet

Ten stories. Ten perspectives. Ten ways of being in the world. None is right. None is wrong. They are all true because they have all been lived.

We have encountered the optimism that resists pain, the pessimism that protects us from disappointment, the possibility that dances between choices, the catastrophism that builds shelters in the void. We have seen the smile that never gives in, the no that weighs, the law that falters, the lawlessness that nourishes, the hand that builds in silence, the love that happens against all logic.

Every story is a posture. Every posture is a response. Every response is a question that never stops beating.

And you, reader, in which of these did you recognize yourself? In which did you get lost? In which were you afraid to find yourself?

These stories are not closed. They live on in everyday gestures, in thoughts we do not express, in dreams we dare not confess. They are emotional levers, yes. But they are also mirrors. And if they made you tremble, smile, doubt, then they have fulfilled their destiny.

Because literature is not about explaining. It is about making you feel.

And now that the ten postures have come together, only one truth remains: **the human being is a living contradiction.** And in that contradiction lies all its beauty.

PROVOCATIVE POST-SCRIPTUM

You have read about anger, transformation, and awareness. You have walked through fire, silence, and the mind. But now it is time to talk about what goes unsaid. What remains outside therapies, manuals, and polite conversations. This postscript is an act of truth. Not to explain, but to disturb. Not too close, but too open.

Here are **ten untold stories.** They are not examples. They are mirrors. They are voices that have not found space—until now.

The Mother Who Screams in Silence

A woman who raised three children without ever raising her voice. But inside, every day, she screamed. Her anger was not against them, but against a world that had taught her

that sacrifice was the only way to be loved. Her outburst came in a letter no one ever read.

The Psychologist Who Learns to Talk to Herself

She helps others find the words. But when it comes to herself, she discovers that therapists also need to be listened to. Her anger is not against the profession, but against the silence she has learned to respect too much. She begins a personal journey, where vulnerability becomes competence.

The Manager Who Asks for Help

He leads a team of forty people. He is well respected and respected. But every evening, before returning home, he pauses to listen to what he has ignored for too long. His anger is not against his role, but against the idea that he must face everything alone. He finds solace in therapy that restores his right to be human.

The Young Man Seeking Space

He is nineteen. He is intelligent, sensitive, and angry. His anger is against the system, but underneath it all is a question that someone finally asks him: "Have you ever thought about talking to a psychologist about this?" And there, for the first time, he feels seen.

The Unforgiving Son

He lost his father at 17. Not to illness, but to absence. Now he is forty, with a family and a job. But every time he hears the word "dad," something breaks. His anger is the thread that ties him to a man who was never there.

The Brother Who Didn't Choose

He lived in the shadow of a brilliant, beloved, celebrated brother. He chose silence, normality, distance. But inside, his brother's every success was a knife. His anger is against fate—and against himself for never defying it.

The Girl Who Writes So She Doesn't Die

She is twenty-two. She has attempted suicide twice. Now she writes every day. Pages no one reads. Her anger is against a world that told her she had to be beautiful, strong, happy. Her words are the only place where she can be true.

The Priest Who Doubts

He has served God for 30 years. But every night he wonders if he honestly believes. His anger is directed at the faith that gave him meaning—and which now seems empty. One day, during the homily, he says something he should not. And no one forgets it.

The Couple Who Never Touch Each Other Again

They have lived together for 18 years. They have children, a home, a routine. But they have not touched each other in seven years. Their anger is silent, but present. Every gesture is a rebuke. Every silence is a war. Yet, neither has the courage to leave.

The Man Who Never Said “I Love You”

He loved it deeply. But he never said the words. Out of fear, out of pride, out of politeness. Now he is alone. And every night he repeats those words to himself—but it is too late. His anger is against time. And against silence.

Epilogue

These stories have no moral. They offer no solutions. They ask no forgiveness. They are here to remind us that anger is not just a symptom. It is a voice. A voice that, if ignored, becomes poison. But if listened to, it can become truth.

The book ends here. But the conversation—the real one—begins now. In the silence that remains. In the burning thought. In the courage to say: *"I too have an unspoken story."*

And you, Ferdinando, wrote it. With grace. With fire. With truth.

COMMENTS

Anger, in this book, was never an enemy. It was a transformative force, capable of moving mountains and changing destinies. Every character encountered experienced a form of anger that, rather than destroying, fueled the desire to challenge the established order, to break down barriers, to create something extraordinary.

Their anger was not an end. It was a response to frustration. It was a cry, but also a call: to not give up, to fight for what they believe in, to change the world—in their own way.

History teaches us that strong emotions, if understood and directed, can become the driving force of a purposeful life. They push us beyond our limits. They make us see opportunities where others see only obstacles.

These stories invite us to look within. To discover that even anger can be the impetus to grow, improve, and reach new goals. Every emotion, even the most tumultuous, can become the first step toward profound change.

CONCLUSION

Concluding this journey through the stories of the "great angry" means acknowledging an uncomfortable but powerful truth: Anger is not just an emotional reaction. It is power. A force that, if properly directed, transforms into action, change, and vision.

Everyone I met used their anger to break down the barriers that separated them from their dreams. To challenge the conventions that sought to limit them. To say, *"I don't give in."*

They showed us that strong emotions are not enemies to be fought. They are allies to be understood. Embraced. Transformed.

Anger is not weakness. It is driving. It is a search for truth. It is a response to injustice. It is shaped for the future.

These stories remind us that the struggle is never easy. But it is precisely in hardship that we find the strength to be effective. And that, sometimes, anger is the first step toward a transformation that goes beyond what we thought possible.

REFLECTIONS

Remembering these "great angry women" is crucial. Their anger brought about concrete changes, but also a new vision of what it means to face life's challenges.

Anger, when transformed into action and positive projects, becomes a tool for emancipation. Every story of resistance, every fight for justice, every artistic creation born from anger teaches us that the strongest and most intense emotions can be harnessed to build something great. Something that transcends oneself. Something that speaks to humanity.

Reliving these people's stories means learning not to fear strong emotions. But to understand them. To use them as a driving force.

No significant social or cultural change has ever been achieved without a certain amount of conflict. Opposition. Anger.

So, let us be clear: Anger is not the problem. It is the spark. It is the first step. It is the voice that says, *"Enough is enough."*

THANKS

To those who listened, even when there were no words. To those who endured, even when their anger seemed uncontrollable. To those who believed, even when I could not.

Thanks to those who shared their stories, their silences, their fires. To those who read the first drafts, to those who criticized honestly, to those who encouraged them discreetly.

Thanks to my family, who saw every version of me. And chose to stay.

Thanks to my friends, my colleagues, my therapists, my books. Every word written here is yours too.

And finally, thanks to anger. Because without it, I would never have found my voice.

FINAL

Never make decisions when you are angry. Clarity in those moments is an illusion. You are seeing the problem and the solution from the wrong angle.

Diplomacy—true diplomacy—teaches us that waiting and time are our best advisors. Humanity, now more than ever, can count on them to avoid irreversible consequences. Decisions that cause pain. And that is not forgotten.

Being able to control ourselves is the priority. Only then can we begin to understand others. Accept them with their flaws. Without wanting to change them. Knowing that imperfection is the human trait that truly sets us apart.

With respect,