

Anger

"In one day I had three confrontations...had to be pushy and stand up for myself. "

"... She informs me that her sister doesn't believe in homeopathy. I pretty much tell her to tell her sister to "Go to hell". Studying homeopathy is hard enough, not being supported by your friends and family is too much."

"I am compelled to yell"

Anger Sub-Themes

- [Confrontations. Quarrelsome. "Compelled to Yell"](#)
- [Fighting to Retain Their Independence. "I am my own self"](#)
- [Anger at Not Being Acknowledged. "The lack of respect was more than I could tolerate"](#)
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Lepidolite attracts confrontations. It's as if confrontations are brought into their experience, "pushed" upon them. Other people do things that are hurtful, rude, insensitive, insulting and Lepidolite is compelled to respond. As if the need to release the valve is too great to hold back the anger. Most often the insult makes them feel disregarded or insulted in some way and they feel compelled to stand up for themselves. When they react it is impulsive and not well thought out. They merely release the valve and let the frustration out in a slightly "childish way." Imagine how a three year old might react if someone insulted them. The anger can be expressed verbally with assertion of their rights, with yelling, or with "childish" almost sulky stubbornness.

Lepidolite's anger is triggered in three main ways. The first is when they feel their independence is being taken away. This is something like an independent toddler that you try to do something for. It's very important to them and to their sense of identity that they do it for themselves.(Sil, Caes). The childishness is apparent as if they are trying to say "I can do things myself" as well as "but I am not quite sure how to do them," a sort of defiant dependency.

Secondly, is their sensitivity to being forsaken or unsupported by others. They are quite dependent although they do not like to admit it, and are sensitive to feeling people are not supporting them. (Lith, Sil, Al, Kali, and Fl) Someone was supposed to take care of me and they didn't. They are sensitive to rejection, yet they will reject the support as well.

Thirdly, Lepidolite will get angry when they feel insulted or not acknowledged.(Sil) As there is something still missing in terms of their image and identity, (Al, Sil) they are sensitive to slight. Their identity is wrapped up in their profession, therefore an insult to their profession is seen as an insult to them personally.

Confrontations, Quarrelsome, "Compelled to Yell"

- **Confrontations were big, in one day I had three confrontations I had to be pushy and stand up for myself** and I was not always like that... was on the phone with ATT for two and a half hours – got very upset – **had to be aggressive** – asked to speak with a supervisor (04)
- Grandfather died at thanksgiving, **sister told me to "fuck off", moved out, split up from boyfriend,** ton off stuff going on.. (23)
- Its is unusual to isolate myself from my friends. I cannot even talk to them. **I am too afraid I will yell at them and do some damage....Every two weeks I completely explode at my husband. I am compelled to yell.** (16)
- (Dream) **Arguing** with girlfriend. (07)
- I am extremely irritated at my partner for not answering his wireless phone; **I am so irritated by the time he arrives home, I am screaming at him...** (13)
- **The Full Moon Total Lunar Eclipse felt terrible; I kept having fights with all of my friends.** (16)

Fighting to Retain Their Independence, “I am my own self!”

- **Fighting to retain independence** from visiting husband who pushes boundaries (27)
- The thing about relationships there has been a shift with my ex-husband, I am not reliant on him anymore – we have been separated for ten years, **but there is a more defined ‘I really don’t need you now!’ I am my own self!** (11)
- .. My mother-in-law felt that I was angry with her. **I don't want to take care of her; that's not my job. I am not interested in anything but what is mine to do.** (13)
- ... I got more and more irritated. I got a harder edge. Something that I recognized about myself, I couldn’t alter it, it was just there and it was like, I had established it and I wasn’t going to change my course. This edge, and afterward I was like yeah what was that about? **Like not being acknowledged enough and I was not going to make the effort to acknowledge them.** I kind of set my course before I arrived, **very stubborn and childish.** (13)
- **She was thinking of not having people take advantage of her.** (04)

Anger at Not Being Acknowledged, “The lack of respect was more than I could tolerate”

- **I got quite upset by two of my colleagues who told me that they don't believe in homeopathy.** It took me by surprise. (02)
- And a friend sent her a text – **felt like she had to call her and set the record straight** (04)
- At new years I went to a lovely gathering, I was tired and sore from skiing I arrived and I didn’t feel like I was acknowledged enough.... **Like not being acknowledged enough and I was not going to make the effort to acknowledge them...** (10)
- My friend's husband is suffering from a severe depression. His medications aren't working. **He doesn't believe in homeopathy. I feel disgusted that people are not open to homeopathy.** Why don't people want to heal? Are they invested in their suffering? (13)
- In the emotional areas – I made two huge breaks with people who have been quite cruel to me. My sister... and I had a major falling.... **The lack of respect that she demonstrated towards me as a mother was more than I could tolerate and I told her I was done.** (100)
- (dream) ... I am at a table and a friend of my mother-in-laws sits across from me deep in conversation with a hip young woman. **She does not notice me.** ... As I leave I see two younger women I know-very strong personalities, even though I haven’t seen them in a **while they barely acknowledge me...** (08)
- (dream) ... **The workers' food platters are simpler than those of the paying guests'. But not mine.** A young male cook , very serious and quiet, **puts a delicious chunk of roast beef on my plate,** without me asking for anything. It's the last piece of that kind of meat. Then my plate is filled with other meats and cold cuts. I'm a little surprised. Feeling upon awakening: This was a good dream, **I'm getting rewarded.** (09) [*dream about getting acknowledged*]

Anger, “Not being supported by friends and family is too much”

- ... **She informs me that her sister doesn't believe in homeopathy. I pretty much tell her to tell her sister to go to hell.** Studying homeopathy is hard enough, **not being supported by your friends and family is too much.** (13)
- Blurting out the truth; no filter, being hard done by, **not being treated right by my friends,** then leading to being cut off. (16)
- I have a heavy argument with my husband... I tell my husband not to worry because this is only an aggravation from a remedy I've given him. My husband is furious... **I think I was a fool to tell him about the remedy. I should have known that he doesn't understand.** (09)
- I felt like my friends don't really trust each other enough to speak meaningfully to one another. I am annoyed and feeling discouraged. (13)
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Related Rubrics

Rubric	Prover #'s
DREAMS - ARGUMENTS	7

DREAMS - QUARRELS	7
MIND - ANGER - absent persons while thinking of them; at	13
MIND - ANGER - work - about	2, 4, 21
MIND - ANGER, Easily	2, 4, 7, 8, 9, 10, 16, 23
MIND - CENSORIOUS	4, 10, 13
MIND - DELUSIONS - betrayed; that she is	4, 7, 10, 13, 16, 23
MIND - HINDERED; intolerance of being	4, 11, 13, 100, 27
MIND - IMPATIENCE - others; with	4, 13, 16
MIND - IMPATIENCE - work, for	2, 4, 21
MIND - IRRITABILITY - absent persons, with	11, 13
MIND - IRRITABILITY - family, to her	4, 9, 13, 16, 22, 23
MIND - IRRITABILITY - loved ones, to	4, 7, 9, 13, 16, 22
MIND - OFFENDED, easily	2, 4, 7, 8, 9, 10, 16, 23
MIND - QUARRELSOME	4, 7, 10, 16, 27
MIND - QUARRELSOME - causeless	4, 10, 13, 16
MIND - QUARRELSOME - family, with her	12, 16, 22, 27
MIND - SENSITIVE - opinion of others; to the	2, 4, 8, 9, 10, 13, 16
MIND - SHRIEKING - pain, with the	13
MIND - SHRIEKING - rage; during	13, 16
MIND - SHRIEKING - stool - during	13