

WHAT YOU SHOULD KNOW ABOUT BEING UPSET

An Everyday Guide to
Managing Anger and Stress

Roy Masters

What you should know about being upset

Most of us have felt the sting of the cruelty of others, whether in our families, in our friendships, or in our businesses. Often cruelty leaves us shocked and incapable of rising above the moment. We feel 'cut off at the knees,' insulted, humiliated, and degraded. Where do unreasonable people get their power to upset and control us?

From the way we respond to their cruelty.

Indeed, your health and wellbeing are in real danger from people, even members of your own family, who chip away, harp, nag, and aggravate the life out of you, until you feel like giving up on life.

You cannot fight unreasonable people with anger and resentment, because they sense how to use your out-of-control emotions against you. Driving you up the wall with fear and guilt and intimidating you into submission.

Take heart. There is not a single problem that you cannot solve if you will learn to be patient. It is said that we are the sum total of our experiences. Unfortunately, many of us are burdened by our past: our bad decisions, our guilts, our self-destructive escapes. Unless we learn to respond properly to each new stress in the present, we simply build upon that troublesome past. And without emotional self-control, the conditioning of the past continues to come through our current experiences to become our future.

Practising patience is essential to retaining your own identity in a pressure-filled world. The wrong emotional reaction to various pressures is making more and more people sick and depressed, driving them ever deeper into conflict with themselves. In trying to solve pressure caused conflicts, many people turn to consciousness reducing aids like drink, tobacco and drugs – legal and illegal.

Compulsively reacting to people and things represents a subtle form of slavery to a variety of pressure sources. As the relentless pressures that people apply (sometimes in the name of God and good) cause you to react, your angry reaction throws you out of control so that you can no longer live your own life and you end up feeling confused and depressed.

Most of your work, family, and even sexual problems, arise directly from your failing to respond in a right way to what is wrong in the people around you. Sadly, this all too often manifests in your taking out the resulting frustrations on your loved ones. Conflict with yourself duly equals conflict with others.

Most of the things that are wrong with your life, your marriage, your health and your children can be resolved by discovering how to truly control your emotions—without unbearable suppression.

One bad emotional upset can ruin your whole day. And being chronically angry or upset can literally turn your life upside-down. Even though you may be technically correct in what you say or do, if you do it resentfully, your emotions can betray you. You begin to doubt yourself, which causes conflict, depression, and paralysing fear.

Emotion destroys your objectivity and in failing to see clearly, you make terrible errors of judgment. The results of bad judgment lead to a fear of making decisions, so that you may begin to look too much to others for guidance. And you know how upsetting it can be if they happen to be wrong or take advantage of you.

To avoid all these unpleasant repercussions, you must learn how to be patient with selfish and thoughtless people. You must learn to remain poised and calm under pressure; otherwise, what is wrong in them will show up in you and make you look like the bad guy. Then, everyone is so surprised with your emotional overreaction that they fail to see what they did wrong to provoke that reaction – and that in turn becomes another unjust, upsetting, frustrating, and scary experience for you.

Cruel, unthinking people feed off the way you respond to their aggravation; they walk away self-righteous and satisfied, leaving you frustrated, confused, and depressed. They get their power from your overreaction, while your resentment often makes you feel and look like the guilty one.

'Successful' domineering (unprincipled) people drain you and make your life wretched; they can always be sure of confusing and controlling you through your oversensitivity to their pressure.

This same dehumanizing pressure, when used to motivate students to achieve and study hard, often succeeds, but at the expense of the victim's true happiness and self-confidence. Programmed by pressure and cruelty, that person may conform and become a 'success', or he may rebel and become a 'failure'. But either way, he ends up in conflict with himself and others.

Today, home and school pressures are alienating millions of young people, creating monster rebels and delinquents, driving many to escape into drugs, crime and suicide.

Your out-of-control emotions condition you to respond more and more as an animal and less as a real person, until everything you think, feel, do, and say in that emotionally charged state of mind brings with it more conflict, fear, and despair. Overreaction to stress can, and usually does, lead to the appearance of physical symptoms, as well as opportunistic diseases from being run down.

You must learn to cope with pressures. If you can do that, if you can put the emphasis where it belongs, on standing up for your principles with calm patience and self-control, you can stave off disaster.

The way we react to pressure is the cause of most of our suffering. Indeed, upsetting us is the primary technique manipulative people use to motivate. Perhaps you have your own private dictator currently aggravating the life out of you. Therefore, learn to be patient before it is too late.

Through the shock of emotional upset, especially resentment, a compelling or morbid suggestion can be planted in your subconscious mind. Even if your reaction causes you to struggle against the suggestion, you may still find yourself obliged to give in to ease the pain that your emotional resistance causes. Your life becomes a weary struggle encumbered by subliminal suggestions, much like driving your car with the brakes on.

Giving in to pressure-mongers, who then praise you for your conformity, is a common but unhealthy 'people-pleasing syndrome' that you often mistake for love and loyalty. It takes place between wife and husband, between mother and child, and even between churches and their parishioners.

It is very hard to say "no" to pushy, irritating people. They seem to know all the right buttons to push. You tend to favour people who apply pressure: your boss, your wife, or even your kids. And when you finally reach the breaking point, you may rebel against study, work, even family. The result can be a retreat into some form of self-destructive escape, or else a debilitating disease or nervous breakdown.

It all boils down to this: overreaction to stress is your weakness, your Achilles heel. All heartless, power-hungry, unprincipled people instinctively know how to make your emotions work for them and they will have no qualms about casting you aside after you are used and broken.

The world is dominated by tyrants, teasers and psychopaths. Some of them get to you through cruelty, while others manipulate you with a holier-than-thou, irritating kindness. They might use both methods to confuse you, being mean one moment and 'kind' the next. Their bold, unprincipled manner upsets you, and because being upset is the wrong way to deal with others, you feel guilty. That guilt, makes you feel wrong and makes the intimidator seem right.

Then, suddenly changing roles and becoming 'nice', the intimidator can intensify your guilt feelings and your sense of being wrong, making you doubt yourself even more. In that manner you are made to believe that they were right all along. And so you learn to go along with their wishes; you find yourself doing things you would never have done in your right mind, and that upsets you all over again. This vicious cycle, with a built-in upset factor, repeats itself endlessly, until you can feel like killing them or yourself.

Human beings are not meant to be externally motivated like animals but, because of a little understood ego-weakness, we are. That is why we all have paralysing conflicts, anxieties, and fears. This is the basis of all our problems. Until you discover the secret of turning yourself on from what you realize is right deep down in your heart, you will always be an externalized human being, compelled to act against your own better judgment, hurting people you love, and doing things for which you are sorry later.

Instead of reacting with upset, what if you could learn to look injustice straight in the eye, without flinching – patiently, calmly and with endless endurance? Surely then you would not have the problems of repressing or expressing resentment. You would be in control. This then is the basis for a truly enlightened stress-reduction programme: learning the secret of self-control through patience.

Most ills are caused by overreaction to everyday stress

Misguided doctors do immeasurable harm by telling us that it is normal to be angry and encouraging us to express our anger. Think for a moment. Does it seem fair to you to upset some poor soul out of his wits in order to relieve the pressures in your own tormented brain? Think back for a moment and you will probably realize that you inherited most of your own problems as a result of someone else taking his hostility out on you. Whereas it is true that if you repress your anger it will cause you great harm both physically and mentally, it is equally true that if you unload your feelings upon someone else, that person will be similarly hurt and compelled to pass it on.

In effect, we are a chain gang of miserable people, constantly being upset and passing our misery down the line. One moment we are the victim and the next we are the mad bully, continually repeating the cycle until we all go out of our minds or die from degenerative diseases. The boss upsets dad, dad upsets mum, she upsets the children, who in turn are mean to the dog; and the dog remains the only healthy member of the chain because it is the normal behaviour of an animal.

For us, however, such conditioning means deterioration, for we are no longer free to meet the present in the only proper way – spontaneously and intuitively – guided by the grace which the Creator has given to mankind: awareness. Whatever diminishes that awareness from moment to moment – excessive emotion, impatience, resentment or drugs – takes us away from our true senses and causes the conflict, guilt, fear and sickness to which we fall prey. We become less like the image of our Creator and more like beasts, increasingly conditioned to the rule of a panoply of tyrants.

Anger is a conditioning emotion and it gives power to our enemies. Often we will do anything for them to avoid becoming upset and feeling guilty. We may even come to believe that we love our oppressors because we see the great lengths to which we will go in order to please

them. But we also need those people who taught us to hate because they reinforce the kind of hate-filled person we have become. By liking us as we are, they make us feel comfortable with what we have become.

Anger is the basis of every guilt you have ever had. When you are blinded by rage you hurt others and make errors of judgment. There is even more to it than that. In an absolute sense, the emotion of anger is in itself wrong. Further, anger causes fear because suppressed resentment makes us feel like running. Yet if we fight instead of run, we are doing something that we know will upset us later.

The whole sick world gets the energy to sustain itself from anger. People war against one another because of aggressive suggestions planted in their minds while they are upset. Anger is the emotion of conditioning and the basis of all negative suggestions, suspicions and doubts that enter our minds. Your children rebel, everyone fights against you. Those who agree with you do so only to justify themselves; and supported by such 'friends', you make an even greater mess of your life. Then, when you discover what has been done to you – more anger, more hate.

But what is really happening is that being upset causes a new identity to grow up inside of you – a counterfeit identity which obeys the tormenting world which spawned it. And it displaces the real you, preventing your development in the image of your Creator. This 'Mr Hyde' thrives on the chaotic environment of hostility, resentment and intrigue, to which it responds hypnotically. The bottom line: everything which upsets you and causes you to lose awareness contributes to the growth of this false identity – and to the ultimate death of the real you.

Your mind *can* keep you well

If you could learn the secret of how to control your responses, how to find that God-given switch in your mind which would allow you to energize and motivate yourself at will, you would never again feel conflict, guilt, fear or depression. The alien identity would find no source of nourishment for its kind of existence and it would die: but you would live, growing from within to become the truly human person you were meant to be, discovering purpose in your life and joy in everything you do.

Observe carefully your reaction to reading these lines. Who is it that is disturbed? Who is afraid to discover more about this way of life? Is it the real you? Or is it 'Mr. Hyde' who does not want to listen?

To recover from your affliction and become truly human, you must learn to live and move from your conscience, instead of from animal emotion. You must learn to observe vain, rage-laden people around you with the calm composure that will serve as the compassion, patience, love and correction which they need and may even come to respect.

Surely it is not difficult to see that if wrong emotional response can cause so much misery and unhappiness, then right response can restore us to happiness, health, poise and better relations with one another. Unimpeded by error, the body tends toward health, the mind toward happiness and the soul toward the acceptance of grace, which is the basis of human wellbeing.

If you are willing to be shown how you can become the person you were created to be, allow the Foundation of Human Understanding to introduce you to a simple procedure that will prove to you, through your own experience, that control over yourself without unbearable suppression is not only possible, but vital to your health, your future happiness – and to your very existence.

Roy Masters

Foundation of Human Understanding United Kingdom



Foundation of Human Understanding
27 Old Gloucester Street
London
WC1N 3XX
UK

Website

www.FhuEurope.org

Change how you react to stress,
and improve your life.

Get the free meditation exercise

www.FhuEurope.org/Meditation

What medical professionals are saying about Roy Masters'
stress/anger reduction techniques:

"Roy Masters has discovered the secret of health and happiness. He takes you step by step on the ultimate adventure of a lifetime."

Teresa Bahder, M.A.
Clinical Psychologist
Princeton, New Jersey

"Roy Masters' writings illuminate the unconscious motivations of human behaviour and provide for the reader a dazzling blueprint for action and personal growth."

Dr. George M. Hayter, Psychiatrist
Chairman, Department of Psychiatry
St. Joseph's Hospital, Orange, California

"Roy Masters revitalizes ageless wisdom. For many, one hour with Roy Masters will be more beneficial than years of traditional therapy."

Clancy D. MacKenzie
Director of Philadelphia Psychiatric
Consultation Service



Foundation of Human Understanding
27 Old Gloucester Street
London
WC1N 3XX
United Kingdom
FhuUnitedKingdom@aol.com
www.FhuEurope.org