

# Philodemus' "On Anger" - General - Texts and Resources

**Post by "Pacatus" of April 2, 2022 at 2:52 PM**

A rather sage therapist friend of mine (who both helped me through a really rough patch, and helped me to look into myself), said that anger and fear arise from the survival/defense response - fight, flight or freeze. And thus, in appropriate context, can be very helpful emotions. This seems to me to accord with your analysis here - of "natural anger".

But, partly through layers of socialization, many of our emotions can become maladapted: anxiety over future events that may never come to pass, anger at perceived slights, and the like.

The trick is to recognize the difference. And to practice "calm and awareness" before we get caught up, so that it is available to us when needed. (Still working on that ...) I have sometimes used a simple gesture: raising my hand in a ward-off position - just like a batter stepping out of the box - and sometimes actually say to myself "step out." If in the company of others, I might make the gesture very slight as to be unnoticeable (but I still feel it). The idea is just to create some mental/emotional space. (But, as I say, still working on it all ...)