

Forum:[Hack Forums](#)

Thread: [Why do we get aggressive when angry?](#)

Byte™ - July 28, 2018, 5:59 pm

I want to start and say for the most part I am completely sane, I feel bad for those who are picked on, hell I feel bad for animals when they get hurt etc. I care about all but I will admit when I am angry I have those moments.

I still live at home at the age of 21 and I am trying to get GED (HiSet Exam) and the reason I couldn't finish school is because I always had to do stuff for my dad that made me stay out and he was just a piece of shit to be around. (I did stuff for him because otherwise it would be like 2 hours of nonstop verbal abuse and shaming)

Anyways my whole life of getting shamed or put down from his is starting to make me lose my sanity, hell he would rather I work instead of continue my education. He tells my brother who didn't finish highschool (his senior year, and just turned 18) that if he went back to highschool and finished rather than getting a job he would get kicked out. (He even screams at my 6 year old sister who wants a phone to get a job as if she were an adult)

But back to my aggressive part, as said I've lived with this for so long and its starting to wear me down. I am getting the point where I just want to use the glock in my safe and shoot him in the head, or when he starts yelling at me all night for his fuck ups I just want to stab him in the neck and watch him bleed out.

Seriously guys, I am thinking I need some professional help. So I am going to take his outbursts for a little longer so I can get my GED and move to an on college campus. Or the alternative, I won't be back for a good 20-30 years.

mvmt - July 28, 2018, 6:03 pm

When you're at home, just do things to keep you occupied to control your anger. Any rash designs made out of anger could result in life-long consequences and you don't want to ruin your life like that.

Stay mentally strong, push through and leave as soon as you get the chance. Don't give up man

Armada - July 28, 2018, 6:14 pm

(Jul 28, 2018 05:59 PM)Byte™ Wrote: [\[CITE\]](#) I want to start and say for the most part I am completely sane, I feel bad for those who are picked on, hell I feel bad for animals when they get hurt etc. I care about all but I will admit when I am angry I have those moments.

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PM me your contact info OP.. I got some stuff to discuss with you bud. ?

PerfectStorm - July 28, 2018, 6:15 pm

So this thread is really about your anger rather than others lol? Dont go shooting people!

Two-Ton 21 - July 28, 2018, 6:17 pm

Focus on moving out and try to keep your sanity. Anger is the doorway to insanity. Picturing yourself killing your dad will only make things worse for you. You'll cause yourself stress on top of your father's inflictions. :(

Read "Man's Search for Meaning", maybe it will change your outlook on the situation, and life in general.

Prox - July 28, 2018, 6:29 pm

You shouldn't let anybody tell you how to feel. Anger and people putting you down will happen all throughout life and it's important to know that no matter what happens, or what people say, that you are in control of how you feel and act. Just don't lose yourself to your anger and do something you'll regret for a very, very long time.

I know from experience it's not easy living with a parent or someone who just wears you down and makes you feel insignificant.. But you decide your own goals and what kind of person you want to be. This will pass and you'll thank yourself later.

The Notorious BIG - July 28, 2018, 6:50 pm

I dont get aggressive bro I can think very clear when I'm angry

PerfectStorm - July 28, 2018, 6:51 pm

(Jul 28, 2018 06:50 PM)The Notorious BIG Wrote: [\[CITE\]](#) I dont get aggressive bro I can think very clear when I'm angry

I doubt that is true. No one thinks very clear when they are angry enough.

oRequiem - July 28, 2018, 6:58 pm

Not everyone is like this though.

Like when I get angry in public, I don't throw a fit or anything, I just stay more quiet since I'm a quiet guy.

When I'm home, I just work out to get that anger away. I'm never aggressive really.

Anubis God - October 17, 2018, 12:28 pm

Feelings of jealousy, guilt and embarrassment can also be behind anger. Anger is a natural response that everyone experiences, however when it gives rise to aggression it becomes a problem. Shouting and physical violence are ways we release anger that may cause problems with family, friends and work colleagues.

serene - March 22, 2019, 6:12 pm

aggressiveness is a way to let out all the energy from anger

THC - March 22, 2019, 6:21 pm

Pretty sure it's a defense mechanism.

Anger isn't really a true emotion from a psychology standpoint, it's typically used to mask the true emotion that's upsetting an individual. If you think of it like an egg, anger would be the egg white, while the underlying emotion would be the yolk.

I'd recommend seeking professional help with this TBH.

eternalexloit - March 23, 2019, 9:02 am

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