

Hate and Anger –negative emotions?

DiPs at *The Blue Mugge* pub on Monday 6th March 2017

These notes based on *Lazy Trout* discussion, November 2016

Helpful to consult these references: <http://www.emotionalcompetency.com>
https://www.psychologistworld.com/emotion/types_hate.php
<http://www.emotionalcompetency.com/anger.htm>

a) Hate

1. Going round, those who wish, comment on this question, the quote and comment offered...

What is hate?

“Hate traps us by binding us too tightly to our adversary.” ~ Milan Kundera

Hate, as a mode of guilt or of pride, generates destructive thoughts (but at a lesser intensity than paranoia). Antithetical thoughts, when directed to other people, represent pride; when directed to oneself, represent guilt. At a much lesser intensity of denigration, criticisms of other people represent jealousy, whilst criticisms of myself arise from my sense of idealism.

2. How and why do we think *hate* evolved?

3. *Aversion, detest, disgust, dislike, loathe*, and revulsion: how do each of these words differ from '*hate*'?

4. Is there anything good about hate?

“Too often it is easier to hate than to understand” ~ Leland R. Beaumont

b) Anger

1. Going round, what makes us angry?

2. In addition to varying over a wide range of intensity, *anger* has a variety of forms. These include.....

Indignation: Self-righteous anger, Sulking: Passive anger, Exasperation: Anger at having your patience unduly tried, and Revenge: a deliberate response to an offence, delayed until after a period of reflection...

3. ‘Anger is a strong emotion designed to send the clear message “something has got to change”. It is an urgent plea for justice and action.’

4. Analysing anger can provide valuable insights into knowing oneself.

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Hate and Anger: How can we best stand back and achieve **detachment**? Consider some examples of individual and collective **reconciliation**.

Applying reflections on all the above to an understanding of **Donald J Trump** and other **Populist Leaders...**

This may need more time than one *Mugge* evening?