

# **Human Aggression (Part 11)**

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## **4.2 Dealing with Aggressive People**

Sometimes life can be very confusing. We strive to walk a spiritual path, being accepting and forgiving. We smile and send blessings unselfishly to all that cross our path. We meditate and pray, but how do we deal with negative people when their wrath is directed at us?

We are all still human, and we have feelings, and yes, egos. When aggressive, angry people confront us, it is sometimes hard to keep that ego in check. Dealing with someone who is acting out of fear and insecurity can also be very tough. How do we gently thwart an abusive aggressor and still hold true to our beliefs and spirituality? These are few suggestions to what ones should do to deal with aggressive people. These actions might help to prevent those people from just follow their anger and hurt others or in other words act aggressively.

### **4.2.1 Spirit Guidance**

Always trust your higher self to guide you to the correct course of action. Listen to your inner voice and discern what your emotions are telling you. Separate the ego thoughts of retaliation and defense from those loving, caring emotions of your soul. Remember the ego will always defend by attacking or withdrawing, so we must know and curb our ego and settle into our spiritual higher selves. When we think and act out of love, we will always pick the correct actions (Ferruolo, 2008).

### **4.2.2 See and Agree To Their Point**

We sometimes can understand the motives behind peoples actions if we give thought to their situation. Remember there is no right or wrong, there is only different points of view and opinion. So seek to see the other side of the disagreement. If you know the abuse towards you

is unwarranted, and you cannot see the truth or motivation behind the situation, just calmly listen to what they have to say. You don't have to agree with them, but do strive to know why they are acting the way they are. Listen intently to what they are saying. You can rebut with something like; "I understand that you are feeling a certain way, and that I perhaps did something to provoke these feelings, but I did not intend to cause this situation. That was not my intention and I apologize. I hope that you feel better soon, and if there is something I can do to help, please let me know" Simple as that (Ferruolo, 2008).

#### **4.2.3 Give them Chances To Speak Up And Listen Carefully**

The ego is a simple thing to understand. Give it your undivided attention, and it is happy. If you are sincere when listening to others, it satisfies the basic need of attention. This might help in reducing their aggressiveness because sometimes people just want to be heard and noticed. So listen and let them know you see them and are truly interested in their plight, even if the problem is with you. When responding, always use their name in the sentence. This makes them feel important, and may lessen their anger even more.

Responses like "Lisa, I understand what you are saying." Or maybe; "I can see where you are coming from, Lisa." And remember eye contact! Nothing says you are interested in what someone says more than direct eye contact (Ferruolo, 2008).

#### **4.2.4 Accept Responsibility For Your Actions**

If you actually did do something to create the problem, and the complaint is legitimate, take responsibility for your actions. Apologize. Offer reciprocity or ask them if you can do anything to make them feel better. Most of the time, people just want to be heard and apologized to (Ferruolo, 2008).

#### **4.2.5 Do Not Accept Their Gift Of Anger-Keep Your Cool**

One of my favorite Buddha stories goes like this: One day a disciple came to the Enlightened One. This student was angry and confronted the Buddha. The Buddha sat quietly in meditation while his student raved on. Finally, the student asked the Buddha if he could hear him and why was he not reacting with anger? The Buddha opened his eyes and politely said; "If I do not accept your gift of anger, does it not still make it your own?" By keeping your cool and acting calmly during an angry confrontation, you will not give fuel to the fire. It takes two to tango, so if you do not armor up, the potential confrontation is merely one person venting. When in this situation, remember the other points in this article (Ferruolo, 2008).

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