

Human Aggression (Part 12)

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4.2.6 Defuse Their Anger

We can do it by apologizing and letting them know that you understand that your actions led them to this stress. If someone is about to push you, you can either back away or confront their advances. Confronting their advances only deepens the well of discord and creates a fight, but by intelligently backing off, their aggression is immediately defused. By removing the motivation for their advance, you can defuse the situation before it gets out of hand. When you feel your anger rising in defense of your ego, immediately take a deep breath and find your center. Know that the anger and negativity within your attacker is only a reflection of what is inside of them, and not inside you.

You are not the negative things this person says about you. This only makes your abuser a person that needs to be negative out of insecurity and inner fears. Forgive them, for they know not what they do or how to act in accordance with universal law (Ferruolo, 2008).

4.2.7 Knowledge Is Power

Know they really feel they have a reason for their negativity and aggression, but they do not know how to maturely convey the message to you. Thank them for letting you know how they feel. Let them know you appreciate them having the courage to let this matter out. Respond accordingly, but always reply out of love and respect and not retaliation, protection and fear (Ferruolo, 2008).

The things people say may hurt our feeling, but as spiritual beings we can choose our actions to these negative situations and let it go. Your ego may want to let the person know they hurt you, but this is not the time. After the situation has been defused, you will have the chance at a later date to speak your truth. If the person is someone you wish not to speak with, a letter written from a place of love and compassion is a great tool to honor what you believe (Ferruolo, 2008).

As we walk a spiritual path, we are not immune from the negativity of the world, but we can choose to act in accordance with spiritual law. We will always be uplifted when we choose the right action and not retaliate in defense of our egos. The Bible says the meek will inherit the earth. A Course in Miracles expands that thought by saying that the meek will take over the earth with their passive inner strength. So remember these words and the above suggestions the next time you are confronted with aggression and anger. Be passive-take the high road, and let your spirit and inner strength rule the situation (Ferruolo, 2008).

5.0 Conclusion

Aggression, like all types of behavior, involves biological forces, for example, neurobiological, genetic, hormonal, prenatal, traumatic, nutritional, and brain chemistry processes (Perry, 2007). However, biological factors alone do not determine the development of aggression. The social environment of the individual is a powerful regulator of neurobiological processes and behavior. In other words, aggressive behavior is the outcome of the regulation of external and internal stimuli by living beings (Liu, 2006). Furthermore, individual differences in characteristic levels of aggression can be attributed to learning. Thus, it is important to understand the multidimensional nature of aggression.

Although humans share aspects of aggression with non-human animals, they differ from most of them in the complexity of their aggression because of factors such as culture, morals, and social situations. More randomized controlled interventions are needed to evaluate program effectiveness in general and for various groups of youth in particular, e.g., those of different ages, both genders, all ethnicities/races, and possessing the various characteristics that appear to increase risk. We therefore recommend that researchers increase the scientific rigor, including the use of control populations and extended follow-up, to evaluate the sustained effectiveness of youth violence prevention interventions.

Aggression requires considerable further study, because at the moment, it is a little understood phenomenon. Of critical importance is obtaining greater understanding of family violence. Abuse of both wives and children has major physical and physiological impacts that impair health functioning in many dimensions. Again, I strongly believed that by developing a stronger knowledge base of aggression, it will be possible to develop interventions that may help in reducing aggression.

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