

When my sickness and situation makes me mad.

I'm so angry about being angry all the time. I am suffering and my family is suffering. What can I do about it? First, remember that suffering often does cause a person to be angry.

Angry at myself. Angry that it happened, angry about the timing and about our part in making it happen. Angry at the disease, angry at God, angry at the doctors, angry at anything and anyone that we have put our faith in to help us avoid these trying times.

Next, remember that an angry person causes the loved ones around them to suffer when they blow up in their frustration. The question is how can I use the negative, hurtful and frustrating things in my life to help me in my sickness and approaching death?

First remember that anger hurts our situation more than it helps it. Whether we hold our anger inside or frequently express it outwardly, we can be causing damage to our physical health.

It can make our already bad situation even worse. For example, anger increases muscle and mental tension that can cause additional pain to an already painful situation.

Secondly, anger hurts the ones we love. Think of all the years we have loved and served our family and now in our pain we lash out at them.

They remember all the wonderful things you have done for them over the years and now you are mad at them and they are sad, hurt, and confused.

When this happens you will also feel guilty and confused which in turn can increase your anger and will leave you feeling isolated, lonely, and even more alienated from others.

So what can a person do to stop the vicious cycle? Lets look at some possible tools to help you.

For our peace of mind and encouragement remember this about God. We can be angry at God but He does not get angry at us. He loves us even in our trying times.

The Bible tells us *The LORD is gracious and compassionate, slow to anger and rich in love. The LORD is compassionate and merciful, slow to get angry and filled with unfailing love.*

Don't forget, that even though you get angry at your disease, your family or your doctors and nurses, it does not mean that you do not love them and are not grateful for what they are humanly trying to do for you.

If possible, wait until you get up from a nap before talking about your anger and feelings with your friends and family. Your head and heart will be a little more gentle than if you try and talk when you are really tired, frustrated, and hurting physically.

Call the Hospice social worker or pastor because they can give you a place to share your anger without hurting the ones around you in your situation. They can not cure your situation but they do understand your situation and the emotions they unleash.

Finally, you can also ask the Hospice or your own pastor to pray with you about your emotions

Above all be assured that you are normal and in spite of your anger God loves you and cares about

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting [www.cortlandhospice.org](http://www.cortlandhospice.org) (See our Web Link Page)