

# Anger, hatred, powerlessness and connection

[Philosophy](#)



**ASSIGN  
BUSTER**

## Anger, Hatred, Powerlessness And Connection Anger, Hatred, Powerlessness And Connection I and Thou” by Martin Buber

This prose is a dialog with one’s self about what it means simply to be a person. It examines the relationships that a person develops through his life and only in the connection between “ I” and “ You”. It is in this relationship that one fully appreciates the value and persona of an individual for this is a more meaningful relationship than any other that can be established with worldly objects. Other objects possess no greater experience and sense of satisfaction and excitement than what can be gained through the interaction between two human beings.

### 2. “ Dealing with Our Anger” by Thich Nhat Hanh

Anger is a natural emotion, but it does not mean that one cannot avoid it. For anger to flourish there must be a root of where it sprung. One must develop the discipline to not harbor such seeds that can lead to hatred. Having a serene and tranquil mind will help us to be mindful of our anger and relieve us from resorting to foul and malicious behavior.

### 3. “ Demonizing the Hater” by Robert Gould

While coming into terms with one’s emotions is seldom deemed healthy, it is considered a normal aspect of life. By hating, one risks the cultivation of such hatred, which in turn further causes negative repercussions not only to the individual but also to society itself by developing the culture of hate. Gould (2011) offers a more healthy approach in dealing with the haters: by working “ within the dynamics of identity formation, maintenance, and defense to transform hate”. By doing so, haters can be dealt with in a more positive light and the culture of hated can be averted.

## References

<https://assignbuster.com/angerhatredpowerlessness-and-connection/>

Buber, Martin. (1937). I and Thou (R. G. Smith, Trans.). Edinburgh: T & T Clark. (original work published 1923)

Gould, R. (2011). Demonizing the Hater: How Can We Transform Hate Without Contributing To It?. Department of Conflict Resolution, Portland State University.