

# Trouble In Paradise

Study/Discussion Material for the Podcast from Sunday 3/22/2015

From Thich Nhat Hanh's *The Art Of Communicating*, pages 93-94

“One reason we have trouble communicating with others is that we often try to communicate when we are angry. We suffer, and we don't want to be alone with all that suffering. We believe that we are angry because of something others did, and we want them to know it. Anger has urgency to it. We want to let others know right away what the problem with them is.

But when we're angry, we aren't lucid. Acting while angry can lead to a lot of suffering and can escalate the situation. That doesn't mean we should suppress our anger. We shouldn't pretend that everything is fine when it isn't. It's possible to feel and engage with our anger in a healthy and compassionate manner. When anger is there, we should handle it with tenderness...”

Study/Discussion Questions:

1. What is the cause of anger or other strong emotions?
2. What are some things we can do to both acknowledge and deescalate feelings of anger.
3. Thich Nhat Hanh says, “Unless you begin to understand your own suffering and reconcile with yourself, that suffering will continue to be passed down to future generations.” What are some of the ways we can break this cycle?