

Quiet But deadly

I have been doing a deep study on how to respond to anger. I often hear people say Oh, he or she is angry. Can you always tell if a person is angry or they about to do something because they are angry. No, both of them is somewhat a myth. Through my study, I've learned that people who are angry don't always have a outburst etc.

Society goes through life saying things like Oh, I knew that person wasn't right or just angry. Society says ooh, I know that he or she didn't just do that! However, I admit some people warn you when they are crying out for help or at their wits end.

I want to briefly talk about the random shooting at navy yard. Video footage inside building 197 at the Washington Navy yard shows Caron Alexis "calmly" walking down the hallways of four floors and stepping into offices, firing indiscriminately at people and reloading from shot gun shells he had ~~stuff~~ stuffed inside the pockets of his black Cargo pants. Then they went on to say Alexis was shooting people Comey said, "

in a way with no discernible pattern. He said the shooter was calmly moving without any particular direction or purpose.

This is just my opinion. Let's have ~~some~~ so many people making excuses why they do what they do. ~~I~~ they, she or he was hallucinating. I understand some people are truly ~~or~~ has a mental illness. This has become the norm for people who is killing more than one person or someone who causes a huge havoc, such as the Washington DC tragedy with the individual drove all the way from Conn to D.C to cause a tragedy.

Do we as American even know why people commit ^{senseless} murder. The root cause of murder is the following: Bitterness, resentment, hatred, Unforgiveness, violence, Temper, Anger, Retaliation. When we see these type of people, we need to try to get help for them immediately. A lot of time we just rule these emotion off as to that just how they feel. They ain't going to do nothing.

The first thing struck my mind about Aaron Alexis he ~~hadn't~~ didn't have no mental illness history. Could it be that this young man had lost his sense of direction in life.

The past failure could have been hunting him. There is something in the dark we don't know. But Alexis knew. It doesn't matter in life that we are established. Alexis could have been feeling like he had no purpose. I don't believe he just targeted anyone to shoot. There was type of people he selected. If he just targeted anyone to shoot, why didn't he go out into the streets. What I believe happened with him. He had been watching those people at work. Alexis had some angry feeling towards those individual he worked with. I feel those hallucination accusation was cover up to a plot ^{of person} who was already planning to ~~snap~~. Snap.

I recalled the news said he called these agents complaining of a hallucination event concerning microwave events that was happening to him. Alexis said something about witchcraft. My thing is when Alexis called the agents complaining of these events that was happening to him. Why didn't someone try to get help for Alexis? Those 13 lives could have been spared from a tragedy. But because of the carelessness and foolish thinking of the individual who took the call. Oh, this man is crazy.

Now we have 13 innocent people dead. I feel the ones who took the call should be put in jail because of their negligence to respond to someone who was crying out for help because they felt they were about to do something bad.

Anger can be deadly when carried out in silence. I had someone to kill my child in silence of anger and I've been molested in silence of anger. So I know we don't always be alerted of what is going to happen to us. Sometimes anger goes back far as childhood.

Just because a person has never appeared to have had any anger or mental health issues doesn't mean they are not. I am currently reading this book called Responding to anger (a workbook) by Horraine Bilodeau, M.S. I recommend it to all my viewers. We have to learn how to deal with our anger issues.

If you ran and hid when faced with parental anger, you will probably withdraw and hide now. It is not socially acceptable for an adult to go

Running from the room when someone is angry or to sit in a corner and cry. So instead, you ~~escape~~ escape or pivot by using more subtle means such as ignoring the outburst, changing the subject, avoiding eye contact or limiting future contact with the person.

Another response is to become very placating. It is almost as though you want peace at any expense. You apologize often for things you cannot control or did not do. Someone gets angry and your first words are, "I'm sorry."

If you were aggressive as a child, you may still be aggressive, or you may have modified the overtly aggressive behaviors into the more hidden or acceptable styles of punishments or argument. Punishment has a strong flavor of revenge. When someone is angry with you, you react by feeling anger. You hold onto that anger until you can get away and figure out how to get even.

A young man I know worked at an ice cream parlor. One day his boss became angry because he did not display the tubs of ice cream the way she wanted. She ~~expressed~~ expressed her anger in a loud, long tirade. The young man, although furious, said nothing but, "yes, ma'am, I'll fix it." Later, the young man, still seething from the boss's harsh words, looked around to make sure he was alone, opened his pants and peed in the tub of vanilla ice cream.

Our crime rates of murder and robbery has grown because people has been angry for years. People are not drinking to be drinking or getting high on drugs because they are trying to cover pain only in these days of time.

All the things going on in the world today. Is because somebody is angry. My message to America today. I want you to stop where you are; ask yourself who or what made me ~~mad~~ mad? Tell yourself I am going to deal with my own issue. I will not include no one else. I will not do nothing out of self pity (poor old me.) Nobody cares.

Start caring about yourself. In return others will care about you.

Americans needs to stop the copy cat crimes, senseless murders, dragging others dirty laundry through the mud, stop living carelessly that affecting others, stop rapE(ing) children and murdering them. Stop the Vehicle homicides. Leave these people belongings alone (Get your own - stop robbery) Stop stealing the government money. Stop the foolishness in our Society.

Start caring about others and listen to others. **START** loving. If you need help Get Counseling for your anger issue and ill will feeling towards certain types of people. **GET Help!** In life we all encounter situations' whether it's been because of our poor choices or someone else's poor choices. It time to stop making excuses for the bad choices in life that we make. It's time to deal with whatever is bothering you.

If you try to get help in a professional way. They want listen to you. Start putting these people in these different profession

That says they got all these degrees. In the spotlight. I don't care if it's the Police. See they buttocks off. Enough is Enough.

American is a great place to live. But all this foolishness of anger raging has got to completely stop.

Be encourage America and keep your head up. Things can change for the best for anyone. We as individuals has to put the effort forward for that change to happen. We have to look at the big picture. Not just the part we want to see.

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