

# “Psychology made Simple” By: Ângela Rodrigues

## HOW TO DEAL WITH ANGER

Anger is an emotion. Many do classify it as a negative one, but some others think it is just one more emotion. The science rule is not to give moral classification to emotions but to explain their origin so that everyone can better understand how to deal with them.

Anger comes up when others don't do what we want or expect them to do. It emerges inside of us and is provoked by others' actions. When we expect to be respected and we aren't; when we want to be treated with love and people offend us; when we expect to get a job and it is given to other person; when we want the obedience of a son and he disobey us; and so many other things. When our will or our expectations are not satisfied, the anger comes up.

The biggest problem is not the emotion in itself but the way we deal with this anger. If we feel just a little affected we can only show our unpleasantness and reproach the person, but if we feel very affected we are going to react with intensity, sometimes even with violence. This intensity depends a lot on the value we give to what we expected and didn't receive.

For example, if we enter a shop and say "good morning" and nobody answers us, this can annoy us if we expect employees to be polite. But it may be unimportant if we don't have that expectation.

If a mother give an order to a son and he doesn't fulfil it, this mother may feel very angry because she thinks the son disrespected her authority. And if a husband comes home tired and expecting to be welcomed with a hug and a good dinner and only receives complaints because he forgot to bring the children's milk, he can fell very angry and react violently against his wife.

The anger should not be repressed but if we express it wrongly it can be a source of tensions and conflicts, both in the family and in society, in general. These tensions and conflicts could originate physical, psychological and social illnesses.

If anger comes up when others don't do what we want or expect them to do, then, we need to understand the difference between aims and desires. An aim is something that we want to achieve and just depends on our effort. A desire is something that we would like to happen but that doesn't depend only on us, it involves the others' lives; we can hope to achieve it but we must also understand that it can never happen and we need to be prepared for that. If we learn to think like that we can avoid anger to come up or we can control it better when it comes. We cannot force others to act as we want, against their will, and maintain, at the same time, a good relationship with them.

We need to understand that we can hope things from others but the certainty of achieve them is not guaranteed, and this should not make us angry. That anger will only be detrimental to our health and to our relationships.

We will continue to talk about this subject in the next article.

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### From the "TRIVIA BOOK"

The reason one wears a wedding ring on the third finger is that (tradition says) there is supposed to be a vein which goes directly from that finger to the heart - the seat of love. Not everyone wears their wedding ring on the third finger of the left hand. In some traditions, such as the Jewish one, it is worn on the right hand .

# SCIENCE - NATURE

## India launches 'monster' rocket



India's space agency has successfully launched its heaviest rocket. The 640-tonne rocket blasted off from a launching site off the Bay of Bengal in Sriharikota. As one website put it, "it's been a big day for India". The rocket will reduce the Indian Space Research Organisation's (Isro) reliance on European vehicles to launch heavy satellites. The coverage of the launch has been euphoric, and often colourful, with websites comparing the rocket to the weight of 200 elephants, or

five jumbo jets. **'200 elephants'** Such comparisons highlight the importance of the launch for the country, which is aggressively competing to get a bigger share of the global commercial satellite launch market. India has so far relied on other countries to send heavy satellites into space, which is expensive and a drain on Isro's budget. The GSLV Mark III can carry put a payload weighing more than three tonnes into the high altitude orbit occupied by the spacecraft that relay TV, telephone calls and broadband connections. But it's far from being the world's heaviest rocket because **Nasa's Saturn V**, which was used between 1967 and 1973, still holds that record, with total mass at lift-off about four times that of India's GSLV Mark III. The NDTV website says the rocket is as heavy as five Jumbo jets. And the weight matters because communication satellites are quite heavy. Experts say the rocket gives India more flexibility in launching different kinds of satellites. "We were able to send [satellites weighing] up to two tonnes previously. This is a double quantum jump for India," Ajay Lele from the Institute for Defence Studies and Analyses told the AFP news agency. **'The monster'** Isro hopes that the rocket, **called the "monster"** by one newspaper, will be able to carry an astronaut to space by 2024. India wants to become the fourth country after the US, China and Russia to send a person into space. Experts say the successful launch will give impetus to India's indigenous space programme. The launch follows Isro's other recent achievements, **including a mission to Mars**, and the launch of more than **100 satellites in a single mission** earlier in the year. Taller than Statue of Liberty In the spirit of finding fun facts, the BBC also did some research on the height of the rocket and found that it's taller than the Statue of Liberty. The rocket is 43m (141ft) tall, **while the statue stands at 33.83m**, minus the pedestal foundation. **BBC**

### CROSSWORD

**Across:** 1. Sects 4. Cymbal 9. Rooster 10. Uncle 11. Bond 12. Vanilla 13. Die 14. Mini 16. Mast 18. Sue 20. Fifteen 21. Bill 24. Exact 25. Revery 26. Speedy 27. Scour **Down:** 1. Scrubs 2. Crown 3. Sots 5. You and Me 6. Becalms 7. Leeway 8. Grave 13. Divested 15. Inflate 17. Afters 18. Snare 19. Player 22. Igloo 23. Yves

### SUDOKU

4	8	5	7	1	3	6	2	9
7	3	1	2	6	9	5	4	8
6	9	2	5	4	8	1	7	3
8	7	6	9	5	1	2	3	4
5	2	9	3	8	4	7	1	6
3	1	4	6	2	7	8	9	5
2	6	7	4	9	5	3	8	1
1	4	3	8	7	6	9	5	2
9	5	8	1	3	2	4	6	7

### KAKURO

		3	1	7		9	1		1	2	
5	9	7	8		6	4	8	5	9		
7	8		9	5		5	7				
9	2	4	6	8	5	7			5	1	
		2	4		1	3			3	2	
	4	2	1				2	1	8	3	
2	3	1							2	7	9
5	9	4	3				6	3	9		
3	1		1	2		2	1				
1	5		4	6	9	5	7	8	3		
		5	7		4	3		4	1		
9	1	2	6	7		1	3	5	4		
7	8		5	9		4	1	2			

**The Da Vinci Book Quizzes:**  
A. Half of the Vineyard that Leonardo had been given by the Moor

### The Rock Pop Trivia Book Quiz:

- 'I Got The...'
- Melanie C (her hilarious version of the lyrics was "I am an Antichrist, I am Sporty Spice")
- N.W.A
- Shanks & Bigfoot
- Lenny Kravitz (1991)
- Roberta Flack (reaching number 6)

### CODE CRACKERS

E	A	S	I	L	Y		C	H	I	S	E	L	
N	O	A	H	O	B	A	M	I					
D	I	L	E	M	M	A	A	I	R	L	O	C	K
U	D	B	Z	N	T	C	I						
R	A	I	N	J	A	U	N	T	A	K	I	N	
E	E	Q	R	E	A	E	E	G					
A	R	G	U	E	D	R	E	C	E	D	E		
R		E				U							
C	E	N	S	U	S	P	O	T	A	T	O		
C	X	T	P	Y	E	W	V						
H	A	C	K	H	E	F	T	Y	D	I	V	A	
A	L	F	E	H	B	G	N						
S	C	U	L	L	E	D	O	B	L	I	G	E	D
E	D	O	Y	E	N	U	E	A					
R	E	E	K	E	D		B	R	I	D	A	L	
W	L	A	Y	F	S	P	Q	T	N	I	X	E	
H	D	K	V	G	M	J	O	Z	U	C	R	B	

### SUPER SUDOKU

7	9	8	2	3	5	1	4	6
3	2	4	6	1	9	5	7	8
5	1	6	8	7	4	2	9	3
4	7	2	9	6	8	3	5	1
1	3	5	4	2	7	6	8	9
6	8	9	3	5	1	4	2	7
8	6	3	7	4	2	9	1	5
2	5	7	1	9	6	8	3	4
9	4	1	5	8	3	7	6	2

### PUZZLER

- Intense, 2. Exactly, 3. Dialect, 4. Matinee, 5. Adapted, 6. Sausage, 7. Expense.

**Mystery word:** Eclipse

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