

Anger & Depression



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Anger is an effective antidote to depression because these two emotional states are physiologically and psychologically incompatible. Emotions can be properly understood only in terms of their adaptive value for our distant ancestors in the primordial oceans and jungles, before we came to live in Laguna Beach. Every emotion has a particular purpose and each is accompanied by a specific combination of hormones and psychological states. The adaptive value of depression is controversial, but its practical effect is to take you out of the action when things look hopeless, presumably so that you will stay out of a fight you would lose, so that you will survive to procreate at some point in the future. Unfortunately, Mother Nature doesn't care how you feel while you are depressed; she just wants you to keep your head down. Anger, on the other hand, is for when you have decided to fight and kill, and it is important for you to feel powerful and energetic while you are doing that. Energetic and powerful are incompatible with depression.

Depression and anger each skew your perception and thinking in their own direction. Depression primes you to see the glass as half empty and draining fast. It highlights every unfortunate aspect of the world that comes into your view as well as your inability to do anything about them. Depression claims that *you* are the problem and that the catastrophe will go on forever, so keep your head down and you just might survive. Anger claims that *he or she* is the problem and encourages you to pile on the complaints and indictments in order to justify the damage your anger wants you to inflict on him or her. Anger and depression are both poisonous in the long term and you would be better off without either, but it is reasonable and possible to use your anger judiciously to get you out of a hole or otherwise off the dime. Your situation is unique. Trust me. Call me.

Relief, Recovery, Resolution

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