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Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed



Dr. Gary Bell
Marriage Family Therapist

Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific
June 8th 2021: Living with Rage

Irritation, frustration, anger, rage: these are all forms of anger. And they are feelings first. But when a person's rage becomes behavior even before thought has a chance to plug in, it is usually because of one of two reasons: 1) it's been repressed for a long time, and when someone drops the proverbial straw, it explodes; 2) it works for manipulative purposes. Either way it has something to do with maturity. I said at the end of the last blog that I'd talk about maturity, and so I am. Maturity is the result of having faced and overcome obstacles by gathering deeper and deeper aspects of se

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