



## Love-Lust-Kink #2 Book 3. Serious Love Problems

*Tony Kelbrat*

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Anger is frustration turned on the world.

Anger in relationships is good for a lot of people. It keeps a lot of women and men excited about life and gives them a sense of power over their spouse. They don't want to give up this self-righteous anger because it feels good and powerful, trying to make the spouse guilty and, in effect, keep him or her walking on eggshells like a scared, insecure, neurotic cat.

When you yourself are angry, you have gone beyond your anxieties and insecurities about your relationship to elevate yourself to a higher level of power where you feel this person wronged you and now is indebted to you somehow, part of which is the ventilation of your anger on them which is now perfectly justified because to you, they screwed up.

Because this angry feeling of control and power relieves your stress and makes you feel good, a lot of people don't wanna give it up which is why a lot of relationships go on like this in a state of perpetual conflict because the players like it, often both of them playing a back and forth game of unfulfilled expectations, withdrawal, flare-ups of anger, fights, back-off to cool off, be nice to each other for a bit then the next round hits and they keep going on ad infinitum.

Good people don't get angry at other people. They know life is too short so they let things pass. When human beings get angry at other people, what they're really doing is being angry at themselves for one reason or another and using this situation or other person to relieve some of the pent-up frustration they have inside so my point is that when someone blows up at you, don't take it personally. Know it's them with some problem in their life other than you. You're just the scapegoat for it.

All anger comes from pain, frustration and fear that the world isn't going your way. In love, if there isn't a clean neutral open atmosphere between you two, there's something underlying always there seething that hasn't been emotionally closed yet so everything you do, all fights and arguments are tainted by this thing or a series of little transgressions under the superficial exterior.

Take for example an affair that was swept under the rug, a superficial apology given but never resolved, the wife doesn't trust her man anymore so everything she does is tainted by her inability to trust him based on the affair from five years ago.

When they fight about his smelly socks, she's really fighting about the affair, the fact that he was a dirty rotten bum and didn't resolve it emotionally by really putting himself out to try to get the trust back.

We're all self-centered as units. Who you are as a person reflects the relationship. If you're good within yourself, the relationship will reflect that and if you're a miserable wretched fool, you will have a bad relationship.

Beyond that, there has to be an implicit trust, honesty and open understanding between the players where the air is completely cleared of all baggage, where the husband understands what pain he caused his wife when he cheated and lets her know by humbling himself otherwise she won't ever totally forgive him.

When there's comfort between two people you can feel it because they're happy with each other always doing positive things for each other. I've had it at different points in my life, it's nice when it happens and all it takes is to restrain all your negative thoughts about her and try to be nice and conversational when you're with her.

I can be an angry bastard when life doesn't go my way or someone interferes. I've often kept all my anger in because of my general philosophy of life as meant to be lived. I'd go to the gym angry as hell, lift weights for a few hours then I got my old perspective back, me expending myself through my body.

That's my life as lived when I'm doing something tough and worthy.

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