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Perhaps it's the popularity of poker? Whatever it is, new decks of designer playing cards seem to be all the rage. The latest is 52 Aces edition 2 and with contributions from the likes of Eduardo Recife, Pale Horse, Matt W Moore, Gary Taxali, Seldon Hunt, Nathan Jurevicius and Molly Crabtree, it looks particularly impressive.The project was co-ordinated by Marc Wnuck of the German publishing entity Zeixs. The first 52 Aces deck - entitled the Classic Edition - was released in 2009 won awards and sold out. "We know about the other decks, but they don't all have the quality ours has. We love poker and we wanted to create the best one," he says.The Classic Edition led to loads of positive feedback, and through it Wnuck built up an array of contacts from around the world to call upon for the second one. The new deck will be released next month with a limited print run of 999 decks. It's the same concept, with a different package. "Why change a winning formula?" he says.Chris Parks - aka Pale Horse - is based in St Petersburg, Florida, and created an image entitled Demon Cat for the project. "My work is heavily influenced by ancient civilizations, religion and various world cultures," he explains. "The Cat Demon piece I created for the seven of spades card was inspired by woodblock prints and evil spirits in Japanese mythology."The upcoming edition of 52 Aces can pre-orderd here. Thank you for reading 5 articles this month* Join now for unlimited accessEnjoy your first month for just £1 / \$1 / €1 *Read 5 free articles per month without a subscription Join now for unlimited accessTry first month for just £1 / \$1 / €1 ConsumerAffairs is not a government agency. Companies displayed may pay us to be Authorized or when you click a link, call a number or fill a form on our site. Our content is intended to be used for general information purposes only. It is very important to do your own analysis before making any investment based on your own personal circumstances and consult with your own investment, financial, tax and legal advisers.Company NMLS Identifier #2110672Copyright © 2022 Consumers Unified LLC. All Rights Reserved. The contents of this site may not be republished, reprinted, rewritten or recirculated without written permission. Im terrible at expressing my feelings.I always hold things in.Im a conflict avoider.My girlfriend says I always want to sweep things under the rug.I tend to either under-react to problems or over-react to them. Im not good at the in-between.When a problem comes up with my husband, I just clam up.When Im really upset, all I want to do is escape.Of all the emotions you can have, one is probably the most challenging. Its an energizing, activating feeling that pushes you to act. Im talking about anger, of course.Every therapist has heard statements like the ones above many, many times. Anger is powerful and it can be confusing. No wonder so many people have so many problems expressing and using their anger in the way its meant to be expressed and used.3 Ways Your Childhood Affects How You Deal With Anger NowWhat did you learn about how to handle anger by observing how your parents handled theirs? If you grow up with an explosive parent, you may either end up emulating that (thinking its the right way) or you may decide you never want to be explosive, and end up over-correcting to the point that you hold your anger in.Was there room for your anger in your childhood home? Sadly, for a large number of children, anger is not an acceptable emotion in their families. Perhaps in general for all family members, perhaps for only the children, and perhaps for only a particular child. Regardless, an intolerance for the emotions of the children in a family constitutes true Childhood Emotional Neglect or CEN. CEN teaches you to repress and hide your feelings. It sets you up to minimize and avoid your anger.Did you learn the emotional skills needed to be able to accept and use your anger? In order to use the energy your anger gives you to protect yourself the true purpose of anger as an emotion there are a number of skills you need. Did you have the opportunity to learn them in your childhood? What did you miss out on, and why? Perhaps you observed unhealthy anger patterns in your parents or perhaps you grew up in an emotionally neglectful family. Either way, it is likely not your fault that you didnt learn them.The Anger SkillsAnger is nothing more than a message from your body accompanied by the energy required to act on that message. The message is: Take action. Threat or harm is near. Protect yourself.In order to listen to the message your body is sending you when you feel angry, you must be able to perform some complex skills simultaneously. They involve managing the energy that comes along with your anger so that you can use your brain to process it. Consider these questions to ask yourself to help guide you through that process.Exactly what am I feeling? What words describe this feeling best?Why am I feeling this way? What caused it?Do I need to take action to protect myself or help resolve my anger?If so, exactly what action should I take? Do I need to distance myself from someone? Do I need to talk with someone?If you need to say something, how do you express it?One very common result of growing up in an angry home, a repressive emotionally neglectful home, or any other type of home that fails to teach you the anger skills is this: you do not have the opportunity to learn the words that you will need throughout your adult life to express your angry feelings.This is especially important because there is something almost magical about putting your anger into words, even if its only for yourself, in your own head. And the more specifically and accurately you can name what you are feeling, the more relief it gives you. For most situations the word anger is not specific enough. In most situations, you can do much better!An ExampleFor example, lets say your friend Adam offered to help you move and then did not show up. He neither calls to explain nor apologizes and seems to just blow it off as not a big deal. You are having some feelings.After processing through your anger by asking yourself all of the questions above you could put the label anger on it and then either say nothing; or explode at him accusing him of not caring about you and being selfish.Or you might label your anger with some more nuanced words, like: I feel disappointed, unimportant, hurt, forgotten, left in a lurch, bugged, unconsidered, fuming and miffed. These words provide the springboard for what action you should take. You realize that if you do not talk to Adam, it will leave you holding these negative feelings and will damage your friendship going forward. So you tell him you must talk with him about something. Then later, when you meet up, you say-Adam, I was counting on you to help me move. It was so thoughtful of you to volunteer to come and help! But then when you didnt show up, I felt really miffed and forgotten. When you didnt call to let me know you werent coming it was just so disappointing. I feel like you left me in a lurch without consideration.This rich, feeling-based and vulnerable description of how you experienced Adams actions is far less likely to damage your friendship because it is so honest and real.When you talk with someone in your life this way it is a test of who that person is. Will Adam apologize and admit his thoughtlessness? Become so uncomfortable that all he wants to do is escape? Or become defensive?One thing is for sure: as long as you express your anger in a genuine and vulnerable way, his response says very little about you, and everything about him. So, no matter what happens, you now know him a little bit better as does he now know you.Use the list below to put words to your anger. Use them often, and use them well. They will open doors to healthier, richer relationships and a more expressive and genuine you.Childhood Emotional Neglect is usually invisible and unmemorable so it can be hard to know if you have it. To find out you can Take the Emotional Neglect Test (find the link below this article in Bio). Its free.To learn much more about Childhood Emotional Neglect (CEN), how it happens, how it affected you as a child, how it stays with you through your adult life and affects your adult relationships, and how to heal see the books Running On Empty and Running on Empty No More (links to both books below this article).Have an anger word that's not on the list? Suggest it in a comment! Let's see how many we can get.52 Ways to Say You are AngryIrateMiffed Mean Enraged Rude Retaliatory Menacing Ruthless Mouthy Nasty Dangerous Vengeful Pissed off Bristling Dangerous Galled Bugged Disgruntled Contentious Abusive Enraged Surly Bloodthirsty Hostile Insulting Misanthropic Disgusted Exasperated Repulsed Steamed Dismayed Frustrated Revolted Troubled Cranky Horrified Furious Outraged Offensive Bitter Aggressive Aggravated Appalled Resentful Inflamed Provoked Incensed Infuriated Cross Worked up Boiling FumingFighting madHurtMarginalizedDisrespectedIncandescentIndignantMorally outragedSeethingIrkedNarkedVexedDemeanedDismissedBelittledBetrayedCausticPerturbedRiledVenomousApoplectic

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