



GET FIRED UP!

**“AUDRE LORDE, SOCIAL JUSTICE,
& ANGER”**

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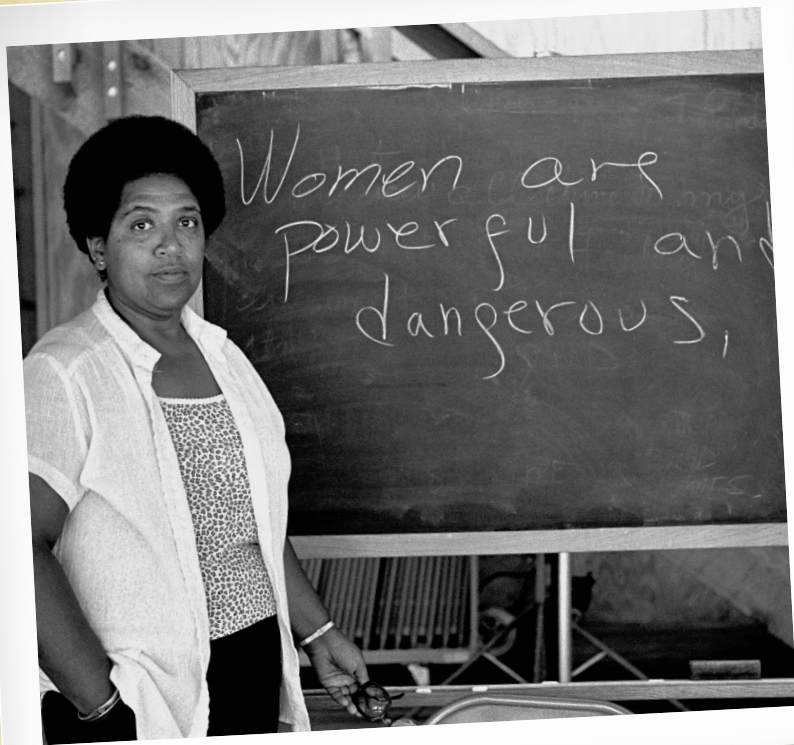
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#LordeFiredUp

ROADMAP

- I. An account of anger
- II. Who was Audre Lorde?
- III. 3 Reasons, according to Lorde, why moral anger should be embraced
- IV. Take away points

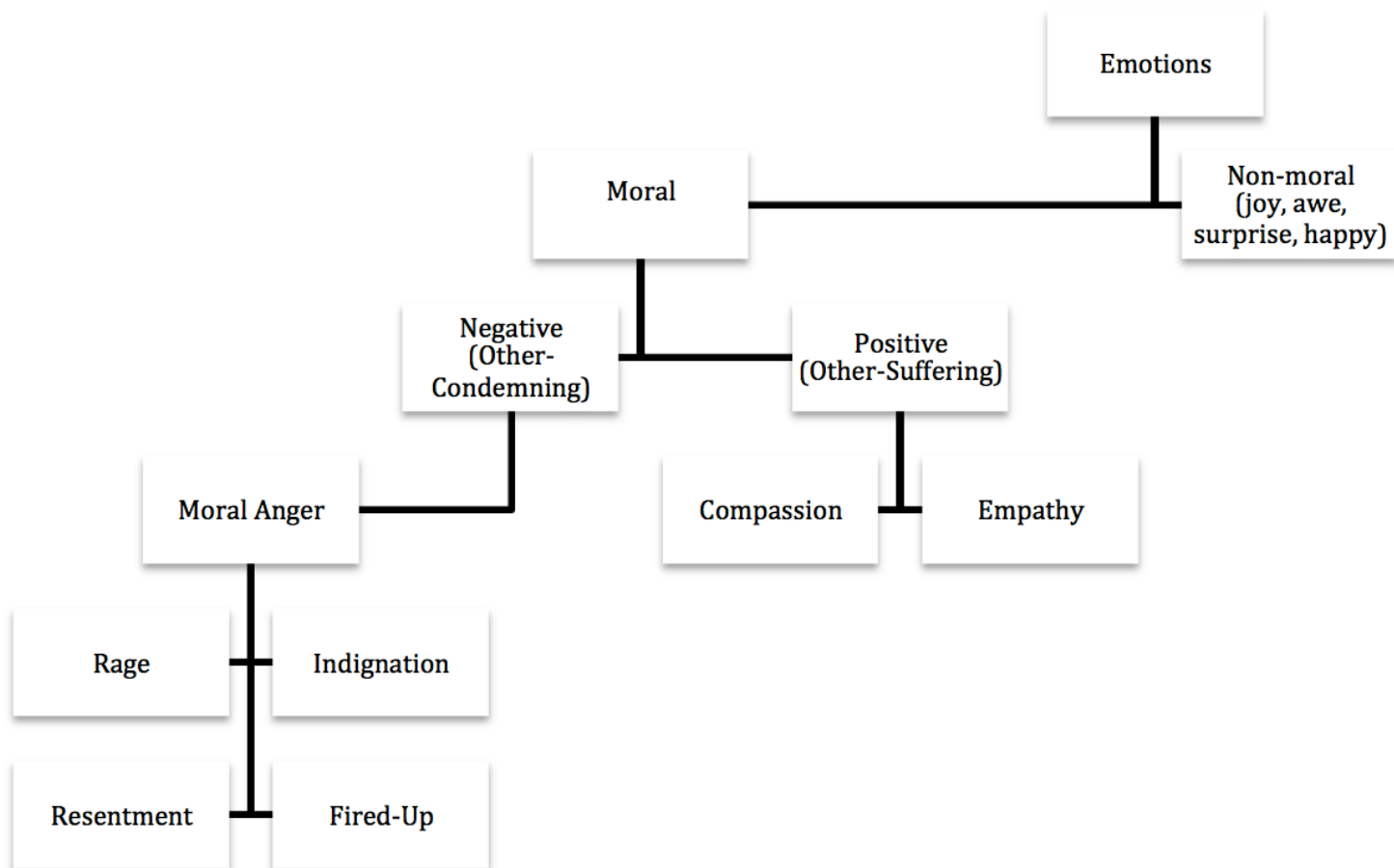
Who Was Audre Lorde?



- Black, lesbian, feminist, mother, warrior, poet
- Her identity gave her unique perspective and her criticism of second wave feminism was its silence on race, sexuality, class, etc.
- Degrees in Literature & Philosophy & Taught English at City University of NY
- Text Focus: “The Uses of Anger: Women responding to Racism (1981)
- She denies providing “theory” but her work contributes to theoretical work

Account of Anger

Moral Anger





I. “Anger is a grief of distortions
between peers, and its object is
change.”



Get Fired Up

Embrace & Express anger and it's
power with no shame, fear, or
servitude.

Why Should We Get Fired Up?

1. We have a reason to be angry!

“Anger is an **appropriate** reaction to racist attitudes, as is fury when the actions arising from those attitudes do not change.” (Lorde, UOA)

It's Appropriate

<u>Event</u>	<u>Inapp.</u> <u>Emotion</u>	<u>Apt. Emotion</u>
Death	Excitement	Sadness
Sunrise	Surprise	Awe
Homelessness	Joy	Compassion
Injustice	Happy	Anger

- “Women respond to racism. My response to racism is anger.” (Lorde, UOA)

“Inappropriate” Views:

“Anger Is reserved for the powerful & inappropriate for others.”

- **Inappropriate View:** It polices and dismisses the anger of the oppressed and argues that it is not the right or virtuous response to injustice.
- It is informed by racist, sexist, or classist ideology.

NO WONDER BILL'S AFRAID

Hillary explodes
with rage at
Benghazi hearing



The lady has some temper! Secretary of State Hillary Rodham Clinton came out breathing fire yesterday at a congressional hearing where pobs ripped her handling of the Benghazi debacle.

PAGES 8-9



INAPPROPRIATE!

- Classical Antiquity: Women had nothing to be angry about (no property & no honor).
- Today: Women are “irrational”, “out of line”, or a “Bitch” when expressing anger.

Celebs

'Scandal' creator Shonda Rhimes slams NYT over 'angry black woman' label

Gael Fashingbauer Cooper
TODAY

Sep. 19, 2014 at 5:04 PM ET

In the battle of the New York Times vs. "Scandal" and "Grey's Anatomy" creator Shonda Rhimes, the Internet is solidly on Rhimes' side.

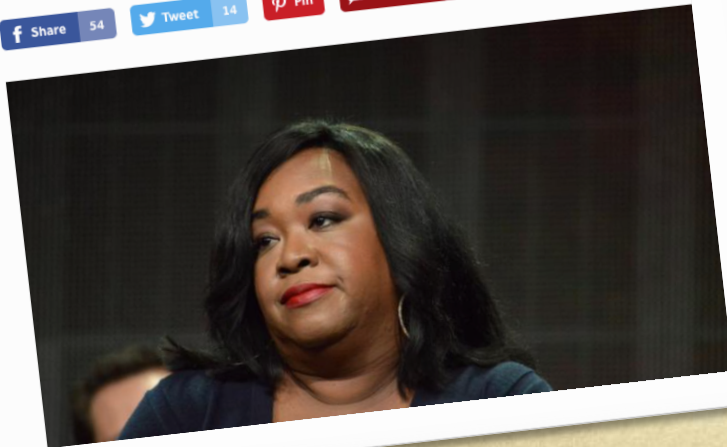
On Thursday, the Times published an [article about Rhimes](#) by TV critic Alessandra Stanley, and from the very first sentence, the piece seemed aimed at creating controversy.



Shonda Rhimes responded on Twitter to a controversial New York Times article about her. Richard Shotwell / AP file

The Angry Black Women of ShondaLand: What The New York Times (and Slate) Got Wrong

Share 54 Tweet 14 Pin Comment 24 Email



INAPPROPRIATE!

- **Minstrel Show:** Used to show how different black women are from respectable white women (i.e. loud, controlling) and justify their mistreatment
- **Today:** She's just an angry black woman!

Barack Obama and the 'Wimp Factor'

Americans think the president lacks "toughness." But does showing strength really matter?

BY MICAH ZENKO

SEPTEMBER 10, 2014





“Appropriate Anger” As A Virtue:

- Character Virtue:
- Lorde states appropriate anger responds to “exclusion betrayal, silence, ill-use, and privilege.”
(*Courage, friendliness, temperance, & truthfulness*)
- Epistemic Virtue:
- Recognizes evil and rejects it, and allows anger to teach you. (Lorde)
(*conscientiousness, intellectual honesty & humility, & prudence*)

Be Careful With Replacing Anger With Other Emotions

“Replace anger with meekness.” For him, meekness is suggestive of self-control and benevolence and doesn’t cause displeasure. (Glen Pettigrove)

- Problematic: View of Injustice Changes
- Go from hating the evil to excusing or having compassion for the evil.
- Gain epistemic vices (epistemic blindness & self-deception).

Be Careful With Replacing Anger With Other Emotions

- Problematic: View of Ourselves & Others Changes
- Through Anger, we retain self-respect & recognize our value and importance.

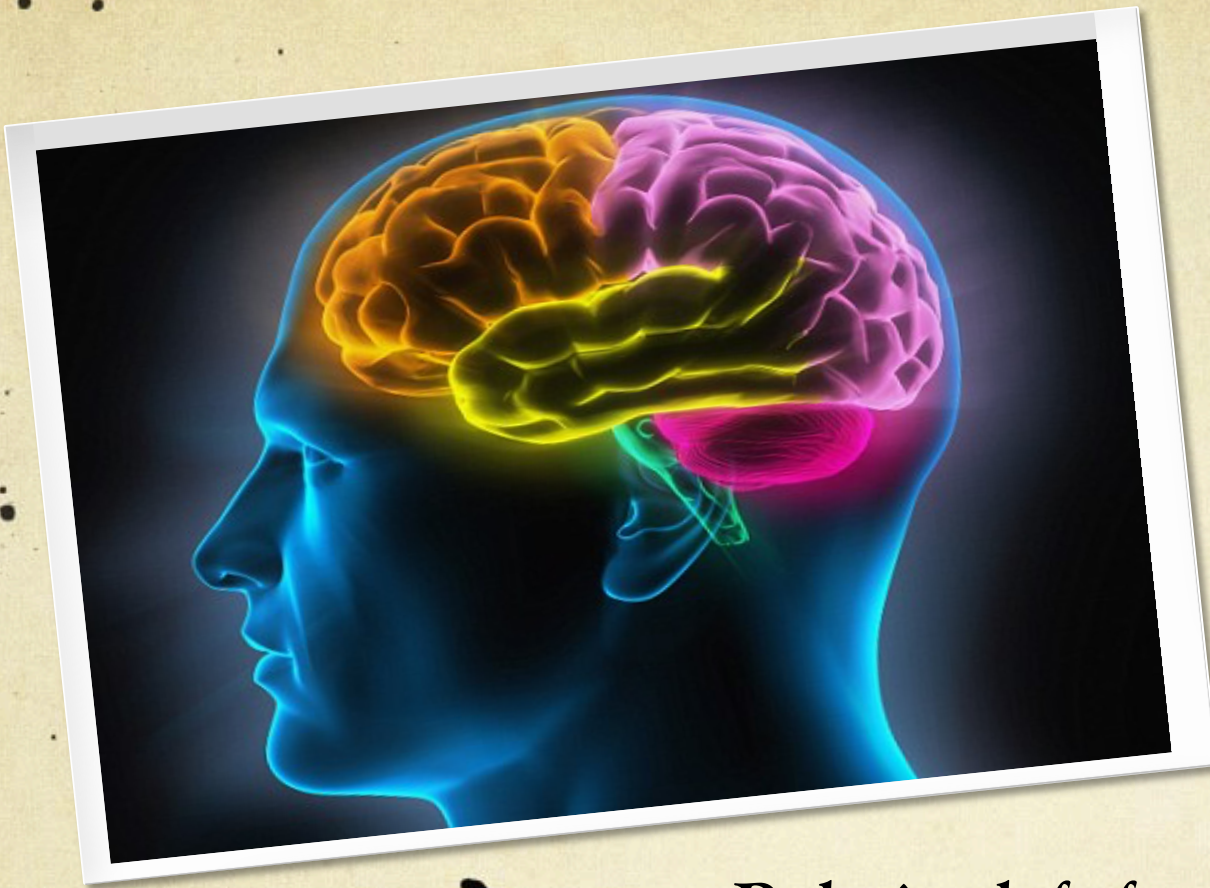
“I cannot hide my anger to spare your guilt, nor hurt feelings, nor answering anger; for to do so insults and trivializes all our efforts.” (Lorde, UOA)

- Wrongdoing communicates: “I matter and you don’t,
Anger communicates: “ I don’t accept this” message
(Jeffrie Murphy)

“My anger has meant pain to me but it has also meant survival, and before I give it up I’m going to be sure that there is something at least as powerful to replace it on the road to clarity.” (Lorde, UOA)

2. It's Motivational!

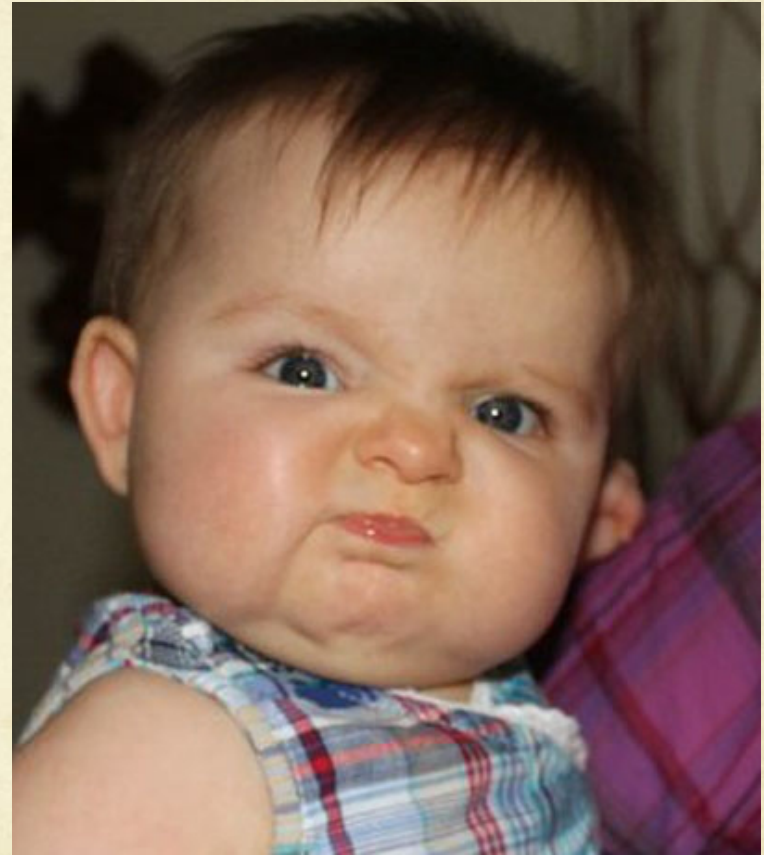
“Focused with precision it can become a powerful source of **energy** serving process and change... Anger is loaded with **energy**.” (Lorde, UOA)



Relative left frontal hemispheric activation in the brain

Approach Motivation

Makes You **believe** you can influence the situation & it produces a **desire** to change it.



Anger & Desire

Objects associated with angry faces as opposed to neutral or fearful faces, made participants want those objects more. (*"The Art of Anger"* Henk Aarts et. Al 2010)

Follow up study: People are willing to pay more for pens paired with angry faces.





Anger & Survival

Resources For Survival: Anger helped us compete for critical resources for survival.

Cooperation for Survival: When hunter-gatherers got angry at their neighbors, they were able to **bargain** more effectively and **prod** them into cooperation.

“We must learn to move through them (anger) and use them for strength and force and insight within our daily lives.. Those who did not learn this difficult lesson did not survive.” (Lorde, UOA)

“I have suckled the wolfs lip of anger
and I have used it for illumination,
laughter, protection, fire in places
where there was no light, no food, no
sisters, no quarter.” (Lorde, UOA)

3. Its productive!

“Everything can be used/except what is wasteful/you will need to remember this when you are accused of destruction.” (Lorde, UOA)

“Every woman has a well-stocked arsenal of anger potentially useful against those oppressions, personal and institutional, which brought that anger in to being.” (Lorde, UOA)

“Anger between peers births change, not destruction, and the discomfort and sense of loss it often causes is not fatal, but a sign of growth.” (Lorde, UOA)

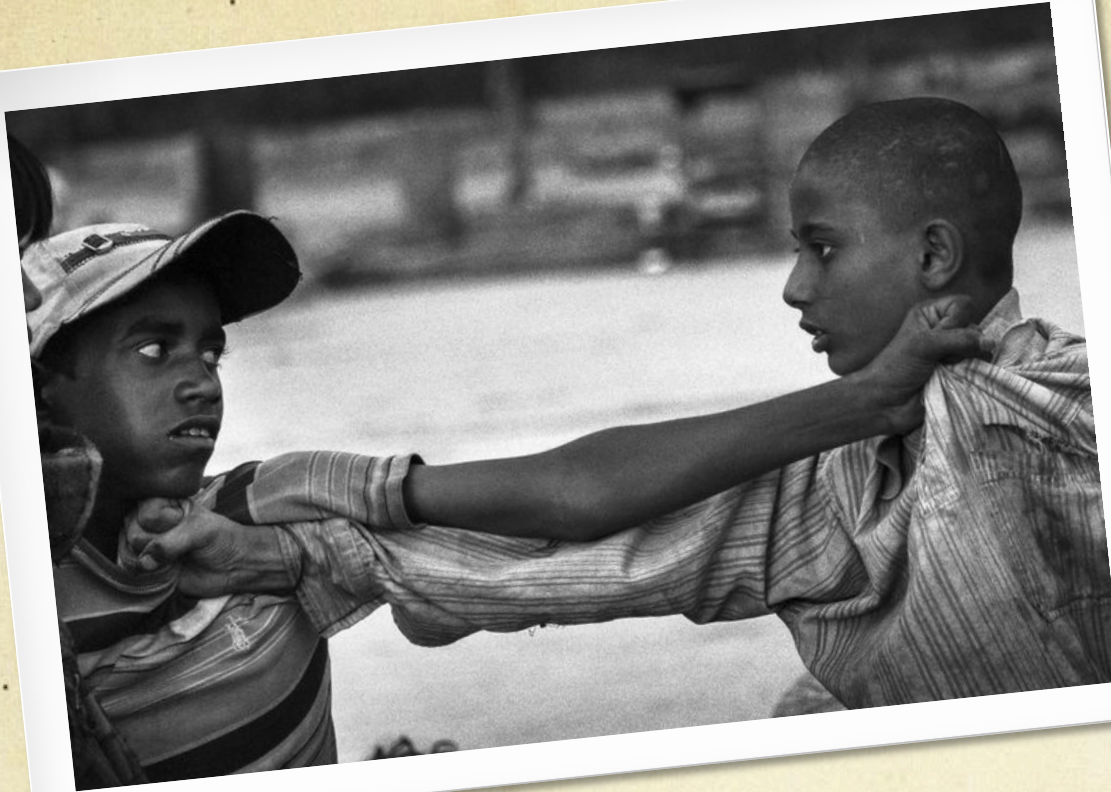
“But anger expressed and translated into action in the service of our vision and our future is a liberating and strengthening act of clarification.” (Lorde, UOA)

“The Counterproductive View”

- Turns On It's Neighbor
- Turn Off Others
- Turns on Fears

Turn on Neighbor?

Anger at oppression is turned on others who are also oppressed.



- “That **unexpressed** anger...usually hurled at the first woman of Color who talks about racism...but **anger expressed and translated into action** in the service of our vision and our future is a liberating and strengthening act of clarification...**we identify** who are our allies with whom we have grave differences, and who are our genuine enemies.” (Lorde UOA)

Turn off Enemies?

Love changes enemies' hearts, anger turns them off.



○ “My anger is no excuse for not dealing with your blindness, no reason to withdraw from the results of your own actions.” (Lorde, UOA)

“Oppressed peoples are always being asked to stretch a little more, to bridge the gap between blindness and humanity. Black women are expected to use our anger only in the service of other people’s salvation or learning. But that time is over.” (Lorde, UOA)

“No woman is responsible for altering
the psyche of her oppressor.” (Lorde,
UOA)

Turn on fear?

People are afraid
of anger



“To turn aside from the anger of Black women with excuses or the pretexts of intimidation is to award no one power—it is merely another way of preserving racial blindness, the power of unaddressed privilege, unbreached, intact.”

(Lorde, UOA)

“For it is not the anger of Black women
which is dripping down over this globe
like a diseased liquid. It is not my anger
that launches rockets... slaughters
children... sodomizes our daughters and
our earth.” (Lorde, UOA)

“My fear of anger taught me nothing.
Your fear of that anger will teach you
nothing, also.” (Lorde, UOA)

Recap

Get Fired Up Because...

- 1) You have a reason to, making it an appropriate response to injustice.
- 2) It is motivational.
- 3) It is productive.

Final Thoughts

FINAL THOUGHTS

- Get angry **NOW!**
- Be in solidarity with others
- Have goals
- Anger is expressed differently, but make sure you express it
- Refused to be policed





Thanks For Engaging With Me

LET'S KEEP IN TOUCH

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