Why Are So Many Manhattanites So Angry?

Although I’ve observed that a lot of Manhattanites are frequently angry, I don’t remember having ever written about it. I’m sure that this personality trait isn’t confined to Manhattanites, but since Manhattan is my home, I feel more comfortable commenting on what I see on a daily basis than assuming that it happens elsewhere.

I can offer several examples of the anger that Manhattanites are happy to express to anyone within earshot, online, the heavens, etc. I once made an innocent mistake while in a health food store. There was a long line and another cashier requested that people get on her line, whereupon I quickly moved over to her line. A woman who had been waiting on the original line scolded me for going to the new line as she had been ahead of me and thought that I was trying to get ahead of her. In reality, I wasn’t trying to get ahead of her: I was just complying with the cashier’s request for some customers to move onto her checkout line. I thought that the woman who scolded me was way out of line and told her so.

The most egregious example of Manhattanites’ anger and the anger of people from other locations as well, is the nasty, uncouth, insulting comments that appear on Facebook and other, supposedly, friendly sites. I was recently shocked and appalled by the name-calling, inaccurate calling out of innocent people, etc., that was exhibited by some Manhattanites on a community website. A young woman made an innocent attempt at a joke and 2 - 3 people who were older than she jumped all over her with their insulting comments. Why did this happen?

In my opinion, it happened because so many Manhattanites (and others) are angry and they take their anger out, inappropriately, at people who are strangers and don’t deserve to be subjected to their outbursts or nasty comments. Along with this inappropriate anger comes its first cousin: bullying.

Anger is a normal human emotion, however, we all need to recognize the cause of our anger and ensure that we’re not displacing it on someone who isn’t the cause of it, but is nothing more than the most convenient target. I believe in justice and fairness and it just isn’t fair to take one’s anger out on someone who hasn’t caused it.

Why are Manhattanites so angry? I’m sure that the reasons for the pervasive anger of the folks who live here are varied, however, some of them are probably caused by the extraordinarily crowded conditions in which we live, the noise, the rudeness of some people, the loneliness of some people, the intense competition that is the hallmark of living in Manhattan, and, most of all, the daily stress that Manhattanites feel from living in this very fast-paced island. We choose to live here; I choose to live here. I love the excitement of Manhattan, the fabulous restaurants and music venues, the abundant cultural venues that are here, the feel of the different Manhattan neighborhoods, etc.

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I think that it’s important for anyone who lives in Manhattan to get in a car or take public transportation to the suburbs or upstate to be in a less crowded environment and to commune with nature. It’s good to be in a quiet place that doesn’t have hordes of people pushing you into a train, stepping on your toes, etc. There are other ways to relax without leaving the city. You can listen to your favorite music, take a bubble bath, talk with a good friend, smell some flowers, meditate, and more.

If all else fails, people TAKE YOUR MEDS!

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