

Hate is grounded in some sense of perceived threat. It is an attitude that can give rise to hostility and aggression toward individuals or groups. Like much of anger, it is a reaction to and distraction from some form of inner pain. The individual consumed by hate may believe that the only way to regain some sense of power over his or her pain is to preemptively strike out at others. In this context, each moment of hate is a temporary reprieve from inner suffering."