

# EXPLOSIVE ADULTS

By Paul Meier, M.D.

Of course there are many personality types capable of “explosive rage” given the right circumstances, but there are a few personality types that are likely to “explode” more often than most.

**Sociopaths**—These are criminal-type people, whether everyday criminals who often get caught and imprisoned, or white-collar criminals or politicians who may get away with it. Sociopaths are selfish users who do not have a conscience and couldn't care less whether you live or die. They feel entitled and can have explosive rage whenever they don't get their own way.

**Crazymakers**—I wrote a whole book on how to protect yourself from these people in your life. They act so nice but take advantage of you over and over again and feel entitled to do so. They range from no conscience to some conscience. They act like good people, but are selfish in more subtle ways. They like to be the center of attention.

**Explosive Personalities**—This is the surprise bunch, because they are usually genuine very nice people. They tend to hold their anger in until it reaches a peak, often only once a year or even less. Then they explode and do something they would normally never do such as push their mates against a wall, hit someone, get in a fight over road rage, or even commit suicide. These people usually were abused in some way in childhood. When any child is abused verbally, physically, or sexually, he blames himself erroneously and his self-esteem goes way down. He thinks he is trash and deserves to be abused. He has a ton of buried anger from the time of the abuse, and as long as it is there, he will occasionally reach the boiling point and explode. In the Meier Day Program, the entire treatment team uses various techniques to pull out the buried anger and false guilt. We get the explosive person to weep and grieve over all the losses he has suffered in his life. Jesus said, “Blessed are they who mourn, for they will be comforted.” When explosive men and women let the anger out, turn vengeance over to God (Romans 12 and Leviticus 19), and practice getting in touch with feelings and sharing feelings regularly, especially anger, their explosiveness disappears and they become really nice people nearly all of the time. Narcissists and sociopaths seldom ever change, however.

**Schizophrenics**—Usually people who inherit schizophrenia are quite normal until their teens or twenties. At that point they become psychotic with paranoid and/or grandiose delusions. They usually also have auditory hallucinations (thinking they hear audible voices that sound like they are in the same room, coming from a person nearby, but there is no other person in the room). The pre-schizophrenic person often develops marked ambivalence, which means that they are their normal sweet selves one minute, then enraged off and on for no apparent reason..

**Bipolars**—About half of the people that develop bipolar disorders of any kind become explosive adults. During the “high” part of the cycle, most bipolars become very friendly, flirtatious, overconfident, and grandiose with creative ideas. However, they are often so grandiose that they explode with rage when anyone disagrees with their ideas. When receiving proper medication, however, bipolars can be very pleasant people and not exhibit any explosive behaviors.

*“If you rebuke a wise man, he will love you for it, but if you rebuke a fool he will hate you for it.”*  
Proverbs 9:8 So let this be your guide whether to confront an explosive person or to just protect yourself from them.

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