



Anger Management

**How to Stop Anger from
controlling your life**

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Introduction

Anger can be a problem in your day to day life if you let it be. Not only does it disrupt your work and play, but it could hurt you when you least expect it. Anger has a sneaky way of making itself known in the most uncommon of situations, and most you don't have any control over.

Sometimes people don't even know that they are angry until something happens to trigger the sudden change in mood. If this has happened to you, you may feel that there is no way to fix your underlying problem because you don't know where it stems from.

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This is simply not true. This book can help you to realize what anger is, why you are experiencing the emotion in the first place, and what you can do to keep it from ruining your life.

Using this book as a guide to fixing your anger problems you may find yourself in the middle of the problem, you may find that something in your past that you have no control over still dominates your emotions today.

Chapter One: Knowing How to Identify the Root of Your Anger

Fear

Fear is the main underlying source of all anger. If you have difficulty managing your anger, fear is most likely the source of your problem. When you learn to deal with fear you are taking a big leap towards controlling your life. Using rational self talk techniques is one of the best solutions for dealing with fear itself.



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If negative thinking is part of your day to day life you can easily change your state of mind by following these few steps.

Negative thinking points your attitude into the wrong direction and often raises a person's chance of imploding when anger develops.

People who refuse to see the positive in life are mostly shallow. If you believe that you are hopeless, you will always have problems added to your day to day life.

Being an "if" person, will also set you up for failure. Asking yourself "what if this happens", or "what if that," can lead to irrational fear. You should keep your mind in the right place to

ensure that you do not accumulate any unnecessary fears.

Pay attention to the things you can change and leave the things you can't change alone. Do not waste your time wondering and worrying about something you know you have no effect on.

There is no need to worry about the things in the past. Keep your thoughts clear and you will be less likely to develop fear.

Some people set themselves up for eruptions of anger by wondering about something that happened weeks ago. Let yourself be free from the pressure of past instances since you can't undo anything that has already been done.

You should learn to appreciate what you do have control over, rather than stress yourself out about the things that you don't.

If you have trouble making decisions, then you are just like the rest of us. We all have problems making the right decisions in life, and that doesn't mean that the world has to tumble.



What it means is that you should take the right steps to resolve the problem.

1. Evaluate the problem carefully

2. Review your choices for solving the problem
3. Pull out your resources to deal with the problem
4. Collect the necessity needed to solve the problem
5. Come to a conclusive decision
6. Take steps to handle the issue immediately

Putting things off only makes matters worse. Making a good decision will be proven by a fruitful outcome. Be sure to pat yourself on the back for a job well done.

Negativity

Anger can be negative or positive. When you find yourself angry you may often walk off from the problem or deal with it by yelling at the source. The emotion of anger can either control us or push us to succeed in life. If your mind is

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filled with negative thoughts you will most likely explode when a threat hits your emotions.

Some of us express anger through hitting, slapping, verbally assaulting, mentally abusing, punching walls and other surfaces to let your anger out.

Nothing but harm comes from these actions. Hitting or slapping someone will leave you in jail and leave the victim in the hospital. Hitting a person leaves emotional scars that will remain for years.

Likewise, punching walls, glass, and furniture can cause harm to yourself. It makes no sense to behave negatively or harmfully when you are angry.

Most times your emotions will play tricks on your mind. Many times you may get angry because you feel that someone made you look foolish in the situation.

This is only self humiliation and it is a dead end street. Sometimes you may have problems understanding what someone is saying. The best thing to do is to slow down and ask for an explanation from the person. This often shines a light on the situation and you may be surprised to find that the person was not trying to threaten your emotions in any way.

Some individuals feel threatened by people that don't listen to them when they are speaking. You may ask yourself if you are imagining the situation or if no one really hears you.

It is good to speak up when you are being threatened by another, but it is not a good idea to react in a harsh manner that will not solve the problem.

Acting out in anger will only hurt yourself and the other people around you. You will only be adding more problems to your life and everyone else's around you.

People are much less likely to listen to your side of the story and will often lose respect for you when you behave in such a manner. You can't blame others for your behaviors or actions, so the respect you lose will be your fault because you reacted with immaturity when you were angry.

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If you can't find a way to control your anger, find someone that you trust to help you control your overflowing emotions. Someone else may be able to talk you out of your anger.

Some people with anger problems use their energy in other ways, like volunteering. This way, your energy is spent in a productive manner rather than an angry one. You might offer your expertise in a certain area to help others or children to better themselves. Joining a gym to relieve frustration is often a great idea.



Substance Abuse Increases Anger

Dealing with your anger is hard enough. When you add substance abuse it can intensify your existing disease. People with problems with alcohol and drugs often feel that the world has let them down. They may have problems with stress, anger, and self-esteem. Most head to the liquor store when they feel anger arise, this can add to their problem by making the feelings more intense.

Drinking and using drugs adds to the feeling by giving them no control over their issues. You'd be well served to find a more productive method to deal with the stress your life brings you and the anger that comes with it.

Turning to alcohol and drugs should never be an option for dealing with stress. After ridding your life of substances such as alcohol and drugs you will be on your way to fixing the problem. Only once you stop using will you be able to cope with your anger and frustrations and eventually overcome its hold on your life.

These drugs may affect your outlook on the world and cause anger problems:

1. Speed
2. Marijuana

3. Alcohol
4. Ecstasy
5. Cocaine
6. Ephedrine
7. Caffeine
8. Meth
9. Heroine
10. Xanax
11. Valium

Most likely you have lived a life with developmental shortcomings in your personal growth, including lack of educational knowledge that helps you to see things in full light.

If you come from a family with such problems you may not know any better than to turn to alcohol and drugs for any issue that makes itself known in your life.

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You may have learned from an early age that to deal with things you must turn inward. Either your parents or an adult example of healthy anger management were not around to teach you the proper way to deal with your anger and frustration. You can teach yourself however, but first you must face it full on.

You may even have mental illness that is keeping you from having a productive lifestyle. Adding alcohol and drugs is just another problem that you don't need to add to your existence. Using your resources will show you that there are medications that can help you cope with mental illness and the frustrations that come with it.

You will notice there are other options such as help groups and anger management classes to teach you a much more effective way of dealing with your stress and anger.

In many instances problems are added to people's lives rooted from their own behavioral issues. Alcohol causes a loss of inhibitions causing you to express your emotions freely without preservation. Since your perceptions, sound and words are all effected, you may misinterpret something said to you. `



This may cause you to flare up in anger and possibly get into a fight. Believing that alcohol and drugs are the answer to your problems leads you down a road to total destruction. Life is full of problems that we all have to face every day of the week.

The secret is learning how to deal with the problems that will enhance your success and ability to cope.

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Depression

Depression can lead to uncontrolled anger.
Taking control of your emotions produces

immediate results for the better.



Depression may be the underlying cause of most of your anger issues, and what is worse is that you may not know any better. You may need a screening for depression that may be done in

your local hospital or doctor's office. Depression screenings in your area may even be a free service offered on a regular basis.

When you know that your anger is not in your control, you can take the steps to curing yourself of it for good. If you are in need of medication or treatment the doctor's in your area will help you to find the best possible help they can give you. With the help of the doctors in your area you may be on your way to bettering yourself and your life.

There are other types of personality disorders that may be the reason for your anger:

1. Depression
2. Bi-polar disorder
3. Insomnia

4. Schizophrenia

5. Anxiety

6. Post-partum disorders

Take the steps necessary to get yourself checked out medically. It can save you your life. Living a life with anger is like living without fun and love. There is no way to be in a healthy relationship and to accomplish your goals with such a huge problem in the way.

Once you have cured yourself of your depression you can be on your way to a brand new life without the anger issues in your past and realize that life is too short to be angry.

As mentioned before, life is too short to worry about the things you can't control. If you are struggling to reach the goals you have set for

your life, you may want to break your goals down into smaller feats and work slowly to achieve each one.

Goals set within reason relieve your mind and body of stress making it easier to reach your target. Take time each day to pamper yourself. Look into coping relaxation response techniques that leave both your mind and body benefited.

Feeling overwhelmed is something we all experience. Take a second to breathe in and out for ten counts. Snuggling up on the couch and popping in your favorite movie will benefit your mind because you will be letting your thoughts go.

Train yourself to focus on what you are doing, instead of bothering with what you are not. These techniques will clear your mind and make

relaxing much easier. You will most likely have difficulties for the rest of your life if you subject yourself to anger.

Take control of your emotions and don't let depression set you off. Depression will play tricks on your mind, sometimes as a result of a chemical imbalance you cannot control.

There is no reason to not visit your doctor to rule this out from your reasons for anger. You will also learn more about depression and anxiety on your visit with your doctor and you can find a way to gain control of your life again.

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Influenced Anger

Anger can be influenced by friends, family, or other people that you may have come into contact with throughout your life. The way we deal with our anger differs in all cases. You may be angry about something in your life that you can't control or something in the present that you have no way of coping with, but how you deal says a lot about your upbringing and your life growing up. When you see examples of how things should be handled in your everyday life you should make sure they are good ones.

When you are young you do not know the difference between a good way to deal with anger and a bad way, it is not until you are much older that you start to see the difference. When you see someone deal with a situation

with poise and integrity try and incorporate that into your lifestyle.

Then next time something like this comes up you will understand how to handle the situation in a respectful manner. This may take some time and effort on your part, but you will be taking the steps necessary to recovering from your anger issues.

It is very difficult to go through life without being angry at something or someone at one time or another. The secret is learning to deal with your anger and learning how to effectively announce your anger without causing harm.

For example, if you are dealing with an individual that is quite opinionated in a subject you may take offense to, the best thing to do is change the subject or to kill them with kindness.

Changing the subject when you start to feel angry can save you time and energy in the long run.

You should always change the subject if possible, but if it isn't try and say something nice about the person talking or add something nice about the subject.

It is hard to continue your downward conversation while someone is lifting it up with nice words; all they can do is stop and wonder about you and what you are saying. Maybe they even wonder if they are wrong about the subject completely.

For example, when someone is talking about a certain political view or politic you happen to be fond of in a way that angers you, say something about the person they favour or the person you favour that is nice and unexpected. It will throw

them off completely and you will be saved from your anger.

There is nothing to get angry about anymore and you get to feel great for stopping yourself before you start on an angry spell.

You will feel refreshed and will have learned something about the next time you get into a situation that is making you angry.

You can take your first experience and add on to it. Eventually you will know how to handle situations before they come about.

It will be a relief knowing that you are in control of your emotions and if you don't feel confident in that chapter three will help you in the process of becoming the best version of yourself in situations like these and everyday of your life.

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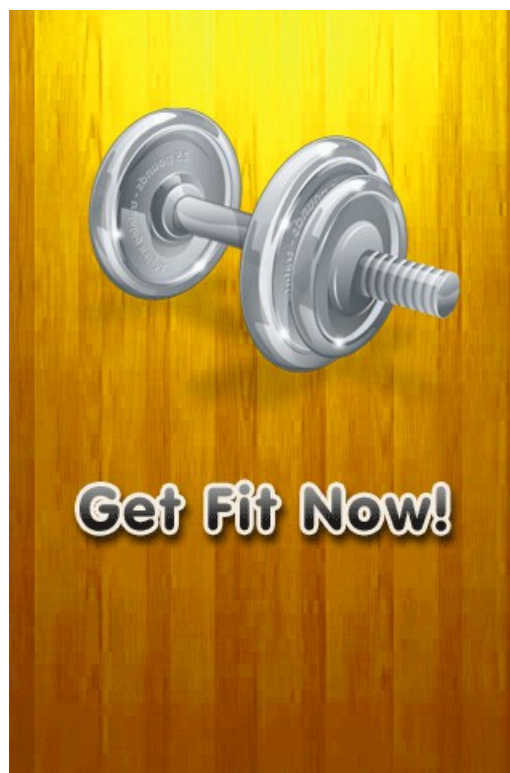
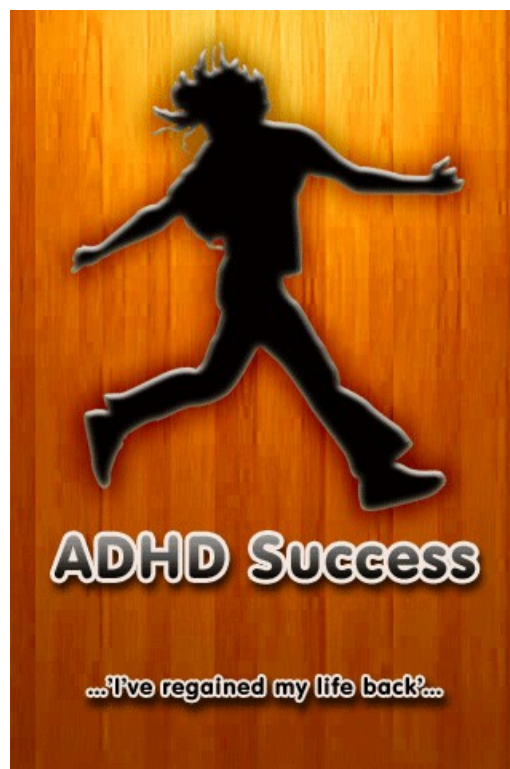
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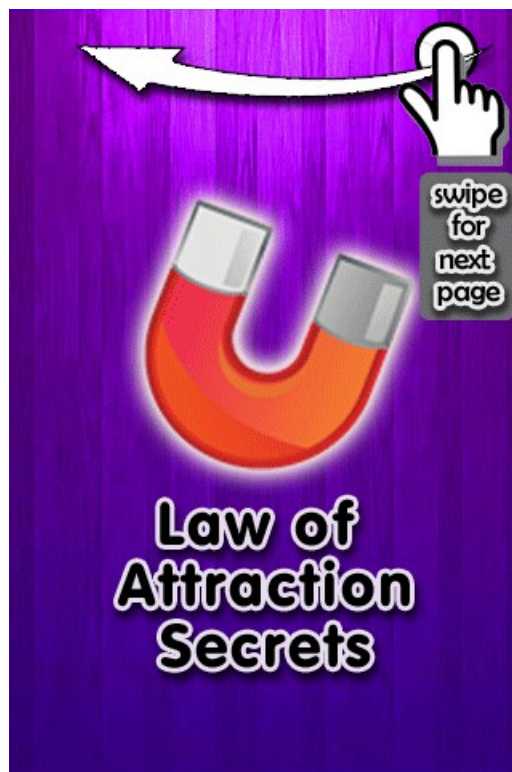
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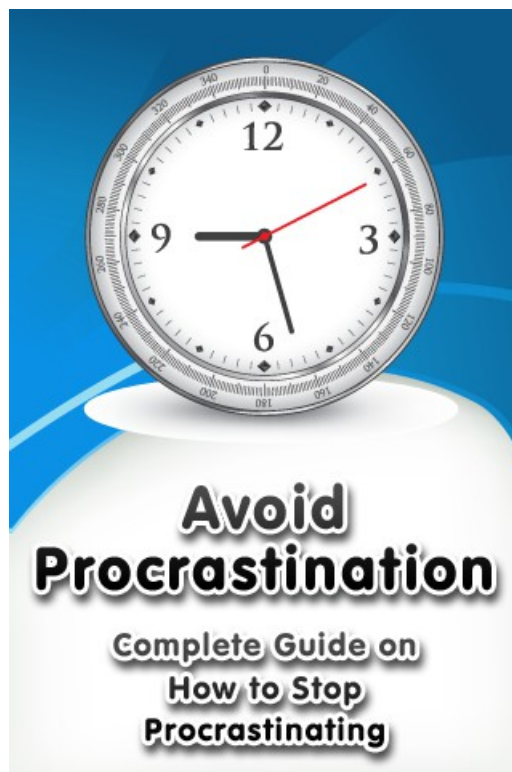
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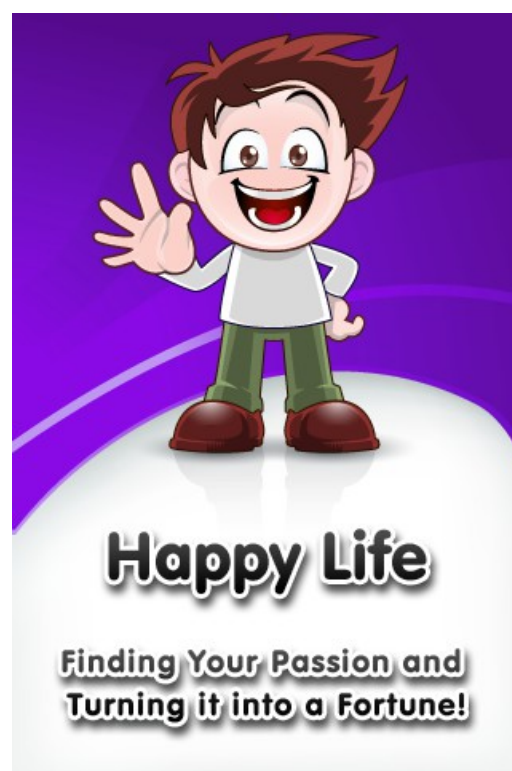
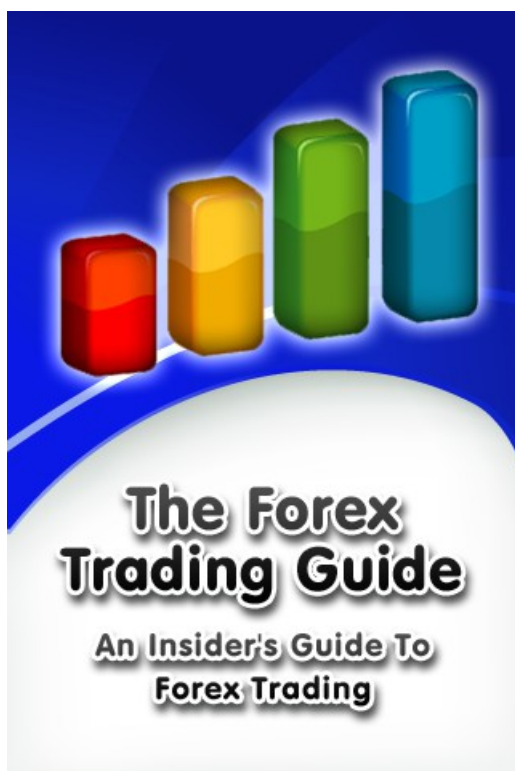
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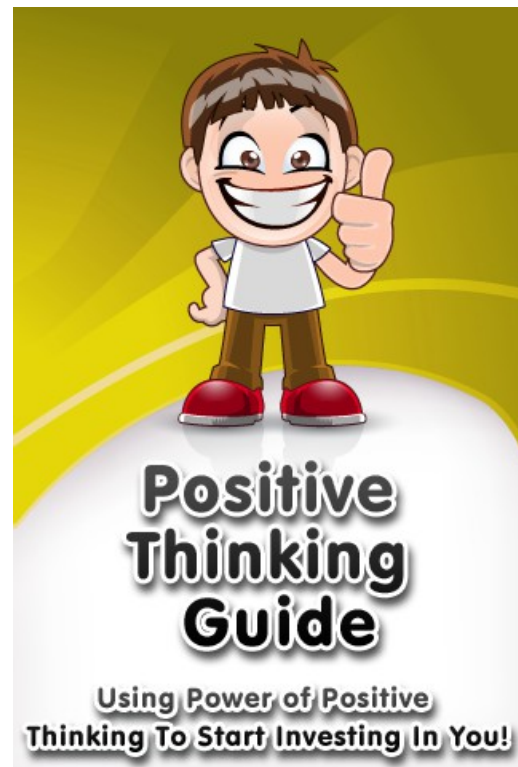
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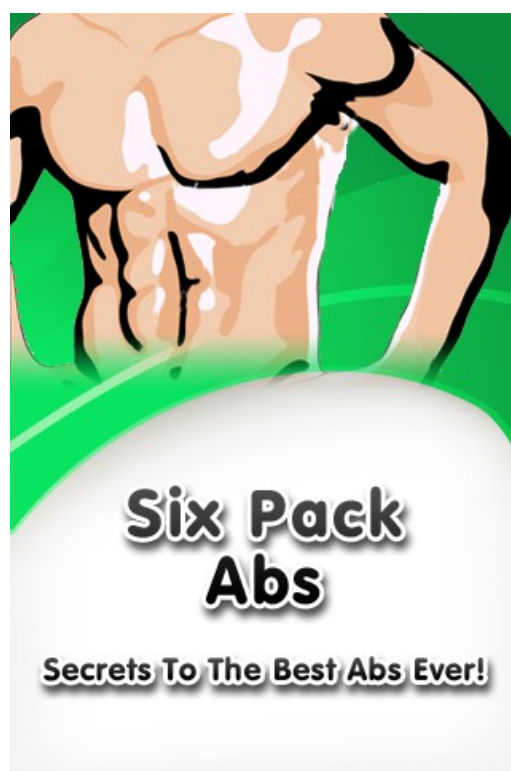
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