

Anger Management

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Book Description

Anger is an emotion that all of us are all too familiar with, and it entails all the things that we don't like about ourselves, our insecurities and our problems, and our weaknesses mashed together into an enraged version that you can't even talk to or reason with. Anger is one of the things that a lot of people silently suffer, making life difficult for themselves and their loved ones.

Luckily, anger management is a very good way for you to make sure your life is no longer ruled by your feelings.

What you'll learn in this book:

- What is anger?
- How does anger affect us?
- Why is anger management necessary?
- How does anger management work
- What benefits does anger management have?

If you are tired of letting your feelings run the show, and having to be enslaved to your feelings of rage, it's time to let all of that go and seek some help. The first step is making a decision, and learning to seek some help is the right first decision.

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Introduction - What is Anger?

Anger is one of the most fundamental human emotions and defines a lot of our interactions with other people around us. Emotions are primarily the result of our consciousness and reflect the difference between us and other beings, giving rise to how we react to different situations and how each one differs in the aspect of reactivity.

The Neuroscience

Anger is one of the emotions that is driven by our amygdala, which is the center in our brain that handles our emotions. The amygdala sends signals to the frontal cortex in our brain, which is the area that is responsible for the decisions we make and our thought processes. Thus, the emotions we feel have a direct effect on the way we react to the world and interact with the different events and people around us.

Emotions have a huge impact on other things in our life as well, and anger greatly affects the stress response in our body, as well as the adrenaline system. Adrenaline is the compound that is responsible for the fight-flight-fright reactions. When there is an issue around you, you can react to that particular issue in a couple of ways.

For example, if you are walking around in the forest and suddenly a jaguar appears in front of you, you have a couple of options in front of you. You can either react in the manner of a fight, in which you have to combat the issue in front of you.

The other one is flight, in which you realize that the danger is not compatible, so survival instinct is to flee. The third thing is fright, which can either be with or without the former two. In this case, you feel your heart beating faster, and you feel your pupils dilating, which results in an increased ability for you to either fight or flee.

In such cases, this is an advantageous response by your body as it allows you to combat these problems effectively. However, if your anger is without cause and persistent, it can have a lot of deleterious effects on your life and health.

Anger is very closely related to your stress functions, so staying in prolonged states of stress can be harmful not only to physical health but also to your social wellbeing and interpersonal relationships.

Some advantages

The negative effects of anger will be discussed further in another chapter, but anger is not always bad. Anger is often is a response to some wrong or outrageous thing, and often anger and resentment are driving forces towards change and betterment. Anger is the driving force behind most of the world's revolutions, and it can often be used to find a solution to your problems.

Anger can be used to express negative emotions in a productive light so that the person who transgressed can understand that they did something wrong or displeasing to you. Thus, anger can be used as a form of deterrence, or of discipline. Most people understand personal cues from this as well. If you have not been happy with what your child is doing, you get angry with them.

If your boss is angry at you, it might mean that you need to get your act together before your job is terminated. Thus, we often look at anger as a sort of gauge to determine how socially appropriate our interactions were.

Now that we are aware of what anger actually is, let's see the effects that anger has on our body, mind, and life.

Chapter 1 - Do I need Anger Management?

Anger is one of the most normal responses we have, and it is important to understand that anger management is not geared towards the elimination of anger; rather it is there to control the anger and to be able to process it in a healthy and wholesome way without hurting yourself or anyone else. We often get angry, but when is our anger going too far, and we realize that we need to fix ourselves? Here are some signs that you might want to get some help:

If you feel as if you have to consciously restrain your anger and control your feelings, if you don't want to give in to them, you might need to go to anger management. Anger is not something that you should have to control all the time consciously, rather you should have a good mechanism that you can employ every time you are feeling angry to sort of stop that feeling.

Constantly negative world

Another sign that your anger is controlling your life has a constantly negative world view. A person with anger issues will feel like it is very much easier to get agitated by small insignificant problems and will find it much more difficult to be in control when they need to be. They will not enjoy positive experiences nearly as much as they would feel annoyed at negative experiences, and small issues may cause serious problems.

This is obviously bad for your health and your social and personal life, and thus you should look for solutions if such a problem arises. If you have issues with your anger, you would also experience a constant nagging feeling of annoyance and hostility as well, which can be very problematic for you to deal with.

You can see this in your daily life as well. If a person would go for their favorite coffee, and the barista was to tell them that they are out of that flavor then the person would obviously be disappointed and even might be annoyed but they will understand that there is nothing that can be done about it and that it is no one's fault.

However, if you are suffering from anger issues, such a small stimulus can make you go into a rage fit where you might react in a very incendiary way to the situation at hand.

Thus, if you feel like you have that reaction to issues in your life, it might be best for you to sort of taking a step back and analyze what you need to fix.

Clouding your judgment

Anger is very famous for clouding your judgment, so it is often very common to see that you might start arguing pointlessly with others, especially those close to you if you have such issues with you. When you are in a throe of anger, you might not realize that what you are saying doesn't make a lot of sense and thus you might be scintillated to be adamant about your own point of view, being stubborn and not listening to what the other person is trying to say to you.

This will make it so that there will soon come the point when the people around you will stop talking to you in any productive way and will start just treating you as you have trained them to treat you, which is just to ignore your outbursts and just to stop trying to reason with you. That will make it very difficult for you to convince the other people of your points, and that is never a good feeling to have.

Dealing with the problems

Anger can also make it very difficult for you to deal with the problems in your life without resorting to violence, and if you feel like you are getting into more fights and altercations, then it might be a good idea to get some anger management therapy in. If you feel like your anger puts the people around you at risk from you, then it is very important that you don't delay this anymore.

A family should be a place of love, respect, and harmony. If your partner or your children have to be afraid of you, then it is not fair for you to subject them to this sort of anxiety, and you should definitely work your hardest to fix whatever issues you are going through. If your anger ever makes you want to harm someone else, or break things, then your anger might need some evaluation.

You should not need to do these things to get over your feelings of anger, and if so, then you should not waste any more time. This is a very common manifestation of anger and related issues, so it is not a cause for alarm. Anger often makes you want to hit others, or

smash vases or break glasses. It is, however, very important that you don't act on these instincts, because doing so may be problematic for you in the long run and can seriously harm your personal and your professional life.

Problematic life

A person with anger management issues can be very problematic in the way that they are not only harmful to others around them but may also harm themselves due to their own actions or impulses. This is especially problematic as people are much more likely to cause themselves problems such as by driving recklessly or punching drywall, all in a bid to release some anger and frustration.

When you are aware of these issues going on, you might begin to start avoiding the problems in their own standing. Thus, it is possible that you begin to start avoiding people and experiences out of the fear that you will start to alienate people. In doing so, you will begin actually to alienate the people. If you feel yourself feeling scared of doing something because you're scared it will make you angry, it's good that you should seek some anger management therapy.

Chapter 2- The Effects of Anger

Anger has a lot of detrimental effects on us. Anger is one of the fundamental human emotions that primarily is our mainstay in showing our discontentment and our displeased status at something. It is a very common emotion, and it triggers the adrenaline system in our body. The previous chapter looks at this phenomenon in greater detail.

Physical Effects

As anger stimulates adrenaline and stress centers in our bodies to activate, it works by doing a couple of things.

Increased heart rate

Anger can cause us to feel much more agitated than normal, and this is because anger stimulates the body in such a way that it will increase the rate at which your heart is pumping. This has a lot of effects on the body, especially in older people and people with heart issues. This is why anger is not good for you, as anger can cause these cardiac problems to exacerbate and may result in serious health problems as a consequence.

When your heart rate is increased, you start getting palpitations. That is the fancy term for when your heart is beating so hard you can feel it in your chest. Palpitations cause a lot of distress to the person and may lead to health anxiety and also a general feeling of stress, as elevated heart rate is most often associated with such stressful situations.

Increased muscle activity

When you are in a stress situation, and your fight-flight-fright system has been activated, your body does a few things to help with dealing with the situation. One of the ways it does that is by rerouting the flow of blood. Blood is one of the most important things in our bodies, and it carries oxygen to the cells and also gives them nutrition and gets rid of their waste products.

When in such a stressful situation, the body starts pumping more blood to the muscles and brain so that the person can react to the situation in a better way. However, blood is

a finite resource in our body, and if muscles are getting more blood that means automatically that something else in the body is getting lesser blood. This is usually the digestive system that bears the brunt of this deficiency, and the blood flow to the stomach and intestines is lessened when you are in a stressful situation.

This hampers with the digestive system's ability to digest food, and thus it means that you will be feeling queasy, and you won't be able to digest your food properly. This can cause stomach cramps as well, along with just a general upset stomach.

Increased blood pressure

Anger also causes blood pressure to rise, which is not a good thing in any regard. Abnormally elevated blood pressure can be very harmful to your health and can cause problems in other organs and interfere with other processes in the body as well. If your blood pressure is elevated for long, it can cause irreparable damage to the kidneys and eyes and, in some cases, may even cause serious brain damage such as in the case of a stroke. That is why anger can be very disastrous for you.

Psychological Effects

Anger can have other effects on the body as well. As stress hormones and neurotransmitters affect things in the brain as well, there are certain psychiatric effects of anger as well that we should not forget to talk about. Some of these include increased levels of anxiety, which in itself can also cause palpitations and stomach cramps.

As an angry person is agitated, they are always at the edge and in a constant anxious state to look for the next thing that will tick them off. This is why anger and anxiety are very inextricably linked with each other. When a person is angry, they are much more likely to develop anxiety.

When you are anxious, you are then more predisposed to getting other problems such as chronic headaches and insomnia, which is the inability to sleep properly. This can, of course, lead to many problems of its own, but this makes the person's quality of life significantly worse. When a person is at the edge like this, they experience emotions much more severely, and thus they are liable to go through a lot worse in the form of

increased mood swings. This can thus lead to other problems, which we will discuss now.

Various Researches about Anger

Anger and its effects on health and life have been researched quite extensively, as these things can be very closely linked, and thus we need to be able to gauge these things effectively. The scientific literature on the topic has shown associations of anger with a lot of other problems as well, so let's look at those now.

Anger and Depression

Anger is often associated with a sense of helplessness, as well. That is why you cry when you are very angry, as there is nothing else you can do about it. The problem is that when this state continues for longer, you can even develop depression. Thus, an association has been found between levels of anger and the prevalence of depression. As depression is one of the most common disorders in the world and there is a very high burden of disease overall in the world, it is important to assess the causes behind depression, of which anger is one.

Anger and Healing

Researches carried out an experiment in which they gave the subjects small blisters, and then they saw how their healing was affected by their anger levels. The results of the experiment were very interesting, however. The researchers saw that people with increased levels of anger experienced slower healing, and their blood work-up showed increased levels of the stress hormone as well, which shows that they also find normally distressing situations much more stressful, and experience them more negatively.

Anger and Breathing

Anger has been shown to cause problems in pulmonary function, which means that anger can actually result in breathing problems. Such issues can result in many other problems as well, and thus it is very important that this problem should be contained as early as possible. If not, anger can lead to breathing problems, which can severely

hamper your daily life and day to day activities in the long run. Research also found that having anger issues not only predisposes you to the development of these issues but also to the decline of your breathing problems further in life.

Anger and Social Life

Anger has had, unsurprisingly, a big correlation with poor interpersonal relationships. Research has shown that the more you remain angry, it is worse for your interpersonal relationships. People with high levels of anger experience lower levels of satisfaction with their interpersonal relationships, and are statistically much more likely to be trapped in unfulfilling relationships. Their relationships are oft riddled with difficulty, and they tend to see much less satisfaction in life.

Anger is something that is very debilitating to live, and you might not even realize how many of your daily problems are associated with the act of anger by itself. Hence, management of your anger is one of the most important things in life and must be dealt with adequately so.

Chapter 3- What is Anger Management?

Anger management is something that we hear about a lot in popular culture and media, and for a good reason. That is because the effects of anger management are very apparent. It is used for a myriad of people, as well as for the enforcement of the law. If someone has been brought in by the authorities for a misdemeanor that they conducted out of anger or something, then that is a case for court-mandated anger management therapy. Hence, it has also been used to rehabilitate non-violent offenders back into society as well.

Anger management is there for the management of anger, rather than for its elimination. Anger management works in three main steps, which is the recognition of anger, followed by the resolution of the emotion and the resolution of the situation.

Step 1: Recognizing the problem

The first step in managing your anger is identifying it. When you are dealing with your anger for a prolonged time, or when you have an anger problem, that is often a problem because you are so used to your increased levels of anger that it is difficult to detect when you are feeling angry and when you are just yourself because your anger has become such a fundamental part of your reaction process and is how you usually deal with such issues, so when you get abnormally angry at something, then you won't realize it because that is how you normally feel, and this will further alienate you.

As you will be reacting to what you think is the normal way to react, counter to that everyone else around you will be able to see that you have anger issues, and they might not be that patient with you. So you might start feeling that people are moving away from you, and you won't be able to understand why adding to your angst and frustration. There are certain signs that you should be aware of that can give you an idea if you are getting angry or not.

Anger manifests in a lot of different ways, and we should be able to see the signs as there are happening. There are then stressors that often cause anger, and identifying them can be of merit as well. Usually, anger occurs when there is a stressor, it can be a financial issue, or it can be some concern with some issue with your loved ones or family, or when

things aren't going your way. You can also see what effects are happening in your body; ways to identify anger are many. You can see that you are angrier a couple of days if you see that you are beginning to sleep less, and you can also start to feel other signs such as your heart rate will start remaining increased, and you might be able to feel your jaw in a stressed state, unable to unclench your jaw.

All of these things can indicate that you are in a state of anger, and you should immediately recognize the issue so you can start to deescalate the problem before you end up saying or doing something in anger that you will regret later.

Other than these bodily signs, you might begin to experience some emotional signs as well, such as feeling agitated or easily annoyed. For example, you might be in traffic, and you might feel an inordinate need to start yelling at someone or driving in a rash way. If you begin feeling this way as well, it's time to calm down.

Step 2: Calm Down

The most important thing to do whenever you are feeling angry is to ground yourself to something and tether you to whatever makes you feel calm. There are many ways to do this, and you can use techniques that are productive and healthy to get over your negative, angry feelings in an effective way. You can start doing things such as breathing exercises. The idea behind this is that you need to focus on something to get yourself back into a tempo that will allow you to stop feeling that overwhelming anger and analyze the situation at hand in a calm and collected way.

Another thing you can do is to take a break from whatever is making you angry and make yourself busy in something else to reduce your feelings of anger. The important thing to realize is that you should be dealing with your anger instead of just ignoring it. Anger is often a healthy emotion, and you need to be able to deal with it in a healthy way as well. This is why you need to deal with your anger by calming down and not letting the anger control your life and your actions.

Step 3: Resolve the Situation

The resolution part is also very necessary, and it entails that you are able to deal with whatever problem you are facing in a good light. This is multi-faceted as an approach because you might need to resolve the situation that is causing you anger but also any other adverse situation that might have arisen due to your anger as well.

This is necessary as an endeavor because when you are angry, you might say or do something to put yourself in another negative situation, which is very necessary for you to get out of. This, you will learn how to master with time, as you begin to realize how your actions are perceived and how you should behave when you are not thinking straight. If you are getting angry in some situations, you need to do some introspection to realize what the reason behind your anger is.

Are you angry at someone, at some event, or at yourself? If you are angry, is there anything that can be done to fix the situation, or are you just feeling inordinately angry? If you were angry and reacted, was your reaction justified? If yes, was there a better way to deal with the situation, or do you think that you reacted in the appropriate manner, where your reaction was in scale with the problem that you had. If you feel that your reaction was not justified, now what? Did your reaction hurt the people around you, or were you inappropriate towards someone else? And if you did end up making things worse, what can you do to fix things, and what have you actually done?

These seem like a lot of things to have to think about, but it is generally good to think this way so that you can holistically look at your own self and know what things you need to fix or improve about yourself.

Chapter 4- Anger Management Techniques

The best way to go about anger management is by going to therapy. You should always keep this in mind, that if your symptoms are bad, you should seek care from a psychiatrist or a counselor who will be able to help you with your issues. They do this in a multitude of ways, but you should be able to know what they will probably ask you to do. This chapter looks at the opportunity for you to bring improvement to your own life and start anger management by yourself to get better by yourself.

You must remember that anger is a very multifaceted issue, and tackling it appropriately is quite a task. Here are some anger management techniques that you might benefit from.

Lifestyle Changes

There are many things in our life that not only alter our emotions but also our stability. These things might not directly cause our anger to start, and they might just be problematic for us to the extent that just having these issues in our lives directly predisposes us to anger issues.

Hence, it is important that we remain calm and collected from a mental state as possible. There are many scenarios that predispose one to feel angry or agitated, and it henceforth becomes our job to try to alleviate those problems.

There are many such things that can do this, such as improper sleep cycles. Sleep is very necessary to mediate and adjust our mood, and to enable us to react to different things in life in the appropriate way. However, if we don't get enough sleep, it severely inhibits many things, including our own comprehension, emotional capabilities, and our ability to react properly to things around us. Hence, it is very important that you should be physically and psychosocially content if you aim to go for anger management.

Identification of Triggers

No one knows us as well as we know ourselves. And thus, it is possible that we don't really quite understand what is making us tick until we try to figure it out, and it might

be very good for us to start identifying these triggers. When you become aware of what sets you off, you can also begin to see how to get rid of those feelings and respond to the situation at hand without causing any outbursts or other such scenes.

Hence, it is very helpful for us to, in fact, know what exactly makes us angry and how we can deal with those situations by ourselves without getting angry. Once we achieve that, then we can begin to fix our anger issues and become better and calmer people overall as well.

Contingency Planning

If you do have an anger problem, or if you just get riled up really easily, odds are you are likely to be suffering from some sort of anger issue, and that has been some cause of concern for you overall. This entails that you should know what situations you are often in, which make you feel in such a way, and how you should be able to combat that fact.

When you are able to do that, you should then begin to plan what way you have to deal with the arising issues in a more productive way. When you are able to do that, you can deal with the angry stressors in a much more productive way. If you know, for example, that you will get angry if you find some traffic on your way to somewhere you are getting late too, maybe you can opt for an alternate route, or you can bring along a friend or some calming music to soothe you. It depends from person to person in the end.

Streamlining Your Thought Process

When you are feeling angry, it is very common for you to begin looking at things from a very objectively stupid point of view. When you lose your discernment and your ability to analyze what the right thing to say or do is, it's often a smart idea to take a good pause and see how things will be. If you are able to calm down then you might begin to analyze the very situation in a better light, and you might even come to the realization that you might have been dealing with whatever you were doing in a poor light, or you might be doing something wrong in this scenario as well.

When your thought process is clear, everything else will be too. It's the same concept as with a mirror. If you look into a mirror, you see what is there, but if the mirror is broken

or warped, then you will see a messed up reflection of the truth. Similarly, an angry mind sees the world in a warped light, and it must be soothed as soon as possible.

Calming Down

The most important thing when you feel angry, unsurprisingly, is to calm down. Calming down can be very useful and helps you analyze and react to the situation without having your thoughts clouded by anger. It is often very difficult to calm down when in the throes of anger, so let's look at some things that might help us keep our cool in the heat of the moment.

Think about your words before you say them

Anger has to do with passion, and with loudness, and with suddenness. So it is no surprise that people often say things when angry that they don't mean and can't take back after they've been said. Every one of us is riddled with their own imperfections, and it is very likely that there might be a thousand things we notice about our friends and family that we don't agree with, but we just keep our mouths shut because just because something can be said does not mean it should be, and sometimes if you don't have anything nice to say it's oft better to not speak at all. Sometimes you might end up saying something that you might regret later on, and you then have no way to un-say something that has already been said.

Deal with your anger when you are no longer actively angry

Burying the anger or distracting yourself from it is never a good idea, the right way to deal with anger is to express it in a healthy way so that you can move past it and the other person who caused you to get angry in the first place will see that it is not right for them to act this way, and both parties can move out of this interaction in a better way. If you don't do this, then you will just keep burying the anger until there is nothing else to fix after that.

Burn away the anger

Anger is basically pent up energy in your body that you need to get rid of, one way or the other. If you don't try to do that, then you won't be able to get rid of your anger. If you start to feel angry, then you should definitely go out and do some physical exertion.

Doing things such as running, jogging, and other physical activities can help you burn away the anger in a wholesome way. Many people also begin to abuse substances to stop themselves from getting so angry, but that is something you should stay clear of. If you start doing drugs to feel better or calmer in such situations, then pretty soon, you will develop a dependency on the drugs, which always makes all other problems worse.

Just take a break

We live in a society where every second of the day is treated as a commodity, and one is expected to make every second of the day as productive as possible. This era of late capitalism has ushered in immense progress, but at the cost of the satisfaction. With everything in our grasps, the futile pursuit of all of these things makes it very tough to take some time out for ourselves to just relax. This makes it so that our lives feel empty, meaningless, and devoid.

When you begin to feel such bouts of anger, the best thing to do is just to take a small breather until your mood stabilizes, and you feel better. If you feel like your anger is rising, just duck out and take some personal time to process your emotions and the things that are causing them.

Chapter 5- Problem-solving techniques

It's very important when doing anger management that you should make sure that you are not only processing the anger and the emotions, but also trying to make the things that make you angry better. You need to be conscious of the fact that anger never really fixes anything, it just causes things to go even worse.

So you need to realize the problems at hand, and you need to understand that you need to fix the problems before you do anything else. If you are getting angry at how dirty your spouse keeps the kitchen, either talk to them about it or don't go into the kitchen when you feel on edge. If you are angry about how much time your children spend outside, set a curfew or talk to them about it. Know that getting angry is never going to fix anything and will always invariably make problems worse. Hence it is of paramount importance that you do all of this.

Forgiveness is often a beautiful thing

Anger is a very dark and negative emotion, and it is very difficult to recover from such emotion. When such a thing happens, it's very smart for us to let go of all the anger and the negativity. Instead, we should try to forgive the other person and make it so that the problem that existed between the both of you should then become something to strengthen your relationship instead.

It takes a long time to cultivate relationships, and we should make it a point that if anything happens that might cause any such problem in a relationship, then it is our utmost duty to relieve all such problems. If we don't, and if we let the negativity reign, then we might see that all of these problems will manifest in us not having any semblance of any meaningful relationship left in our lives.

It's very important that the tension, as a result of whatever anger or whatnot, should be effectively dissipated after the interaction is done with. Tension can give rise to further anger, as well. If you feel like the situation can't get any worse, it will be if everyone is tense about it. What you can do here is the employment of humor and jokes to alleviate the mood and avoid whatever is making you angry. It is also important that you don't do

anything that sounds like you're making fun of the other person. Make sure you laugh with them, not at them.

It's good to chill

Sometimes, it's best that you just practically let go of your anger by practicing the things that stereotypically have been shown to calm you down. These work by regulating the mechanisms in your body that have been thrown into disarray by the anger. If you experience anger, you might want to know how to combat the various parts of anger that are most debilitating to the other person.

These include things such as regulating your breathing. One of the best ways to go about this is by performing deep-breathing exercises, in which you have to breathe in for a while and then breathe out. This forced respiration will make it so that your body's metabolic balance is intact, and you don't have to suffer any such consequences of the anger episode.

Another thing you can do is to use your imagination, and in doing so, imagine your happy place or whatever keeps you calm or grounded. This differs from person to person. Your happy place might be someone close to you, or it could be a place you grew up, or a scenic beach view or the grandiosity of the mountains. Whatever keeps you calm is perfect for this. You can also develop a mantra or a saying that you can calm yourself by repeating it when you feel like you are stressed.

Things such as "I can do this" or "Control yourself" or any such other thing that functions to make you less angry and soothing you can work. You can even do something else to relax. If you like music, maybe listening to music can help you out. It doesn't always have to be classical Mozart that calms you down stereotypically, any song that you like or that has meaning for you can calm you down.

Some people might thus find death metal or grunge rock more calming than classical opera. If music isn't your thing, then you can try writing your feelings down. Writing can be very therapeutic for you, and if you feel like writing is a good way for you to de-stress, then that is the way to go. If you like some sort of physical exertion that you think is

good for you, then you can also practice yoga or something of the sort. Yoga is very good at calming you down and can relieve a lot of the bodily stress that cumulatively causes the stress in your mind to manifest.

Spend your energy wisely

It's very frustrating and draining as to how much energy and mental capacity are taken over by anger. Anger is a very negative emotion, and going about it is very difficult on a daily basis. It takes a lot of effort to be angry like that, and it is significantly much easier just to spend the energy that you would in getting angry about fixing other issues that are causing this anger. The right attitude can help a lot. It all boils down at the end of the day to proper communication and how well you understand the expectations that the other person has from you.

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Chapter 6- Benefits of Anger Management

Anger issues affect a very significant part of our population, and anger is not treated as the problem that it is. There is an alarmingly obvious correlation between this and overall elevated rates of domestic and violent crimes, as people just live in an increasingly upsetting world with a lot of problems.

So we can imagine that the problem is very intense now, and now a very high amount of adults are losing their functionality just because they are unable to keep their anger in check.

When a person with poor control over their anger interact with others or are in a stressful situation, they may end up doing something that they regret later on by reacting inappropriately to the situation at hand. It makes it quite problematic as these people don't know how social cues work anymore.

They might perceive someone's harmless joke as an attack, and they might not know what level of anger is appropriate at certain events. The scope of this book has been taken from a discussion of what anger is, what harms, and what benefits it can entail and how it is affecting our lives and bodies.

There are a lot of things that anger does to us that are harmful, and it is because of this reason that we should always strive to live a life of contentment and peace. But are there actual advantages to this? Does leaving anger behind actually help you in the long run? This chapter is here to discuss all of that.

As we can probably infer from the overall tone of the book, there are indeed many advantages that a person can make their own by simply letting the anger go and being better at handling these things. We have gone over the techniques and tricks to control your anger, and you might find that these things are a bit tricky to manage. So why should you bother with these things? Well, the answer will not surprise you. Let's go on and discuss some of the ways that curbing this toxicity from your life can make it worth your while.

Improving your judgment

Anger is like a cloud in front of your mind, and it fogs up the things in your minds so that you find yourself incapable of exercising good judgment, making it more and harder to figure out what the right thing is. People often say that they see red when they are angry. This is not that much of an exaggeration because when you are angry, then your anger clouds all the other sensible decisions you would normally make and relegates whatever you are feeling to something that is venomous and angry.

When you are in control of your anger, you will begin to realize that it is much more invigorating for you to live your life in a way that you can react to the things that are happening around you in a productive way.

In most situations that are stressful or induce anger, the point is that you need to make many decisions, almost instantaneously to see how to move forth with the thing at hand. If you are angry, you will not be able to analyze whatever situation you are in objectively.

Talking makes everything better

Everyone knows that the most important thing in any relationship is communication, and it is a very important part of every friendship and family tie. However, communication can be very flawed, and any misunderstanding in the same can result in problems. Anger does that a lot that it warps your ability to communicate rationally, and so it oftentimes ends up being very difficult for other people to talk to you.

When this happens, the other person will not want to talk to you, and the avoidable anger that would have been just dissipated by the end of the evening can devolve into something much worse. You can just easily learn to let these things go by opening yourself up in such a way that the other person can easily come and talk to you.

Instead of how it makes it so that anger makes you unapproachable and difficult to interact with because everyone is tiptoeing around you, you will notice that people are much more comfortable talking to you and around you generally.

Empathy training

One of the most common reasons behind the problems associated with anger is that people who are angry feel alienated, and they don't think anyone else can understand what they are saying. When you stop trying to look at things from the points of view of others, you begin to lose your empathy. When you begin to go for anger management, you will also learn that you have a newfound sense of empathy towards other people. Whenever you begin to feel angry over something that someone did, an angry person will go and attack.

However, an empathetic person will go over things from their own point of view that why the other person is behaving like this in the first place. If they are problematic, why are they doing that? When you try to put yourself in the other person's shoes, you will find that things come to a lot easier for you. You will also find yourself in fewer fights and issues, once you develop your anger management skills.

When you have enough empathy, it becomes very tough for you to get into a fight as these fights are fundamental differences of opinion that start snowballing and before you know it a small thing such as which sauce to order with the nuggets has snowballed into an entire avalanche that is burying the entire nugget store. Hence, whenever some situation arises, which feels like the situation would worsen without anyone benefiting from this, then you should cut off the weeds before they spread too much.

However, you need to function with empathy, and you need to instill in your heart the belief that everyone's opinion is equally as valid as yours, and being different from your opinion doesn't mean that what they are saying is wrong or inappropriate in any way. When you start believing this way, you will start to have lesser conflict and much more peace truly.

Better bonds and stronger relationships

There exists a very bad cycle for the families and friends of people with anger issues. First, the perpetrator of these issues doesn't realize what's going wrong. Then, they start to realize that they are hurting the people closest to them, as they suffer whenever they have an anger episode. It's very difficult to keep hurting the people that you care about,

so most people take a few steps back and stop interacting with those people in such away.

Taking a few steps back can be good for them, but it adds distance, and you might find that you are now at the outliers of their lives, rather than being central to their lives. Thus we can see that if we get over anger issues and begin to work towards this goal, we can start to have stronger relationships yet again.

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Conclusion

Anger is a very debilitating thing, and it is a cause of concern for many people who can't seem to control their tempers. This doesn't affect anyone in particular, and no one is exempt from such issues. Regardless of what you look like, where you live, what you earn, or what you do, you can have anger issues as well. These issues are very difficult to get over and can have very bad effects on the lives of the person affected and the people around them. This thing can go out of hand, and you might even need actual help to get over these problems. If so, this book should have given you an idea of if you require any sort of anger management therapy, how to tell if you need it, and how to get it if you do. Most common techniques have already been outlined in this book, and we can see that with some conscious effort and a bit of determination, you can easily turn your life around as well.

Anger management has a lot of benefits, and you should definitely consider anger management therapy if you or your loved ones could benefit from it. A calm and peaceful life is a happy life, and we should take it as such. Remember that it is always okay to ask for help, and you should always seek professional help if you feel like your emotions are getting more out of control than you can handle. In any such case, may you have the best of luck in your endeavors!