

ABOLISHING

ANGER



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Foreword

Are you currently going through a stage in life where it seems like there is always something to be angry about? If so, you are not alone! You would not believe how many people there are in the world that have a hard time controlling their anger from time to time. Even people who are not usually angry people will likely come to a time in their life where the load is too much and they find themselves becoming more and more irritable day by day.

Anger is an emotion, but a lot of people are unaware of the fact that anger is actually a secondary emotion. By this I simply mean that in order for you to feel angry there has to be some other emotion that comes first which triggers the anger. Two of the most common emotions that lead to anger would be fear and depression. The two combined would almost surely lead to a person who is not able to control their anger.

Even though anger is a secondary emotion, it is still an emotion, and if used correctly it can wield some advantages for you. You need to learn how to control your anger. I understand that this is something that is much easier said than done. However, if you approach dealing with your anger with the right set of tools you will surely be successful.

The following chapter of this book will go over some techniques that may be helpful for you when you are trying to control your anger and other emotions. This book will also go over other elements of anger such as its roots and where it is truly stemming from.

Chapter 01 - Understanding Anger

Synopsis

Anger can seriously impact an individual's life in a negative way if it is not contained and dealt with in a proper manner. Many people are not sure of how to control their anger and this soon leads to complete loss of all control of all of their emotions as well as their life. It is important that you learn how to control your anger and learn how to turn it into a force that you can use to your advantage.

When trying to deal with anger issues it is important that you learn what your triggers are. Learning what you need to stay away from can make all of the difference when you are trying to get a hold on your anger. Different people will have different triggers, what makes one person angry may not necessarily have the same effect on another person. For this reason it is important that you figure out your own triggers and do not use the triggers of other people as your reference.

It is also important that you begin to learn the signs that you are becoming angry, before you are in a full rage. Just as with triggers, different people will have different signs that they are becoming angry. However, many of these signs will be similar and easy to recognize.

The following chapter will go over the basics of anger. We will discuss some different types of anger as well as some common signs of anger. These are things that are very important to know about so make sure you pay close attention.

The Basics

As mentioned before, there is more than just one form of anger. Different forms of anger can exhibit different symptoms and will also have different levels of intenseness. There are also different causes of anger and the following will give you some example of these causes.

- **Stress**

Stress is probably one of the most common causes of anger for people. Today's society can be very stressful and it can be hard to find time for yourself to sit in quiet and relax. The world is constantly full of noise and commotion and this can begin to take a toll on a person's emotional well-being after a while.

- **Financial Issues**

Financial issues are another common cause for a person being angry. It can become quite stressful when bills keep piling up no matter how hard you try to pay them off and as mentioned before, stress is probably the most common cause of anger shared by different people.

Social and Family Issues

A person who is having troubles with their social and family life will more than likely start to become an angry person over time. At the same time anger issues will make their social and family issues even worse. It is a vicious cycle that will be endless unless you discover a way to break the cycle.

- **Drug and Alcohol Abuse**

Drug and alcohol abuse is also another common cause of someone losing control of their anger. Drug and alcohol is another area in anger where a vicious cycle is created. For example, you are angry so you use drugs or drink to feel better which in turn only leads to you being angry again. Break the cycle!

As mentioned before, there are different types of anger and it is important that you determine what type of anger you suffer from. Knowing what type of anger you suffer from will make it a great deal easier to deal with the issue. The following are a few examples of the most common types of anger.

- **Aggressive Anger**

Aggressive anger is the more noticeable type of anger. People who experience this type of anger have a hard time controlling their rage and may act out on impulses caused by their anger. You may see people who have aggressive anger become violent when they are angry. In many situations, a person with aggressive anger will do or say things while they are angry that they do not mean and they come to feel guilty about it once they have calmed down. The only problem with this is the fact that their actions cannot be undone no matter how bad they feel about it. This can lead to problems in a person's life if action is not taken. For example, angry outbursts can easily lead to losses of relationships or can even lead to you doing something that you may receive jail time for. If you are a person is aggressively angry it is highly important that you begin working on your anger immediately.

- **Passive Anger**

Passive anger is not as obvious or intense as aggressive anger but it is still not healthy for your emotional well-being. Some people who get passively angry may not even be aware of the fact that they are angry. It is an anger that rests more on your subconscious level and does not sit right at the front of your brain the way aggressive anger does. People who are passively angry will find themselves getting revenge for their anger in not so obvious ways. Many times people who are passively angry will just take things from people until they have had enough and figuratively speaking explode.

- **Passive Aggressive Anger**

This form of anger is a mixture of the previous two. Passive aggressive anger will not show itself right away but will soon fester into a rage. People with this type of anger will find themselves getting madder and madder as the time goes by.

Chapter 02 - Does Fear Lead to Anger?

Synopsis

As mentioned before in this book, anger is classed as a secondary emotion which means that there is some other emotion that a person experiences which in turn leads to anger. One common primary emotion that leads to anger is fear. There is nothing we can really do to stop this as it is hard wired into our brain as part of our flight or fight system. Fight or flight is where your brain makes a snap second decision to either run from danger or stand your ground and fight the danger away. Fight or flight will initially be felt as fear as this is what will trigger it and then it will either remain fear or it will quickly turn to rage.

People are capable of doing some very amazing things when they are in fear. People are also known to have large amounts of strength while they are fearful and some people may even black out. If you mix any of these effects of fear with anger you are sure to come up with an outcome that you do not want. It is highly important that you are aware of ways in which you can control your anger, even in fearful situations. Remember, you always want to be in control of your emotions and never let your emotions control you.

The following chapter will discuss the relation between fear and anger. The purpose of this is so that you can gain a better understanding of what it is that you need to do in order to get back in control of your emotions as well as your life.

Fear and Anger

Many people are not aware of how deeply intertwined fear and anger truly are. Some of the world's most renowned psychologists and therapists believe that fear and anger are nearly the same emotion. It is true that they are entirely two different emotions but they do have many similarities. As well, you almost will never feel one without the other, they basically go hand in hand with each other.

There are situations in life that we may not be sure of how to deal with. It is your brains natural defense to become angry in order to shield you from what you are afraid of. A perfect example would be a child who is asked a teacher a question about a math problem in front of the entire class.

If the child does not know the answer it would be much easier for them to act out and get sent out of class then to have to face their fear and admit that they do not know the answer. This is an example of your brain using anger as a way to cope with fear. It all ties back to that little thing we spoke of before called flight or fight.

Another good example of a common mistake that people make when they are fearful is in relationships. In many cases, if a person in a relationship is scared that the other person may not being faithful they may become angry out of their fear.

They may begin to mistreat the person for something that they are not even doing. In the long run this will almost surely always lead to a loss in a relationship as your significant other will eventually get tired of being blamed for things they are not doing and being mistreated. It is important

that you get control of your anger before situations such as these begin to take place, if they have not already.

Many psychologists believe that people with chronic anger have some type of deep underlying fear that they are not able to address and that is why they are in the emotional state that they are. You need to find the true meaning of what your emotions are telling you. Learn to listen to yourself, are you really angry or are you scared? You are the only one who will be able to properly answer this question, remember to be honest with yourself.



Chapter 03 - How Can Depression Lead to Anger?

Synopsis

Everyone experiences time in life where they feel as if they are getting the short end of the stick and no matter how hard they try things do not seem to get any better. The only problem is that for some, this problem may continue for weeks, months, or even years. After a long period of time, depression can lead to some serious rage issues.

Depression is no laughing matter itself, but when you through rage into the mix it becomes a very serious and very dangerous emotional issue. If you are a person who is stuck in a depressive rut and you can't seem to find your way out you are probably well aware of the irritability and anger building inside of you. If you do not do something to settle this anger down it will eventually lead to rage which will likely end in some very undesired consequences on your life or your health or maybe even both.

Depression mixed with rage can take a serious toll on a person's emotional well-being especially after long periods of time in this emotional state. It is important that if you or someone you know is experiencing this that you receive help right away. This emotional state can lead to a suicidal thought process which is a very serious and dangerous.

Depression and Anger

The following chapter will go over the relation between depression and anger. We will discuss how dangerous this combination is as well as provide you with some signs to look out for that will indicate that you are in a depressive and angry emotional state.

Many people are well aware of the effects that depression can have on their lives. Every aspect of your life can be affected and things seem as if they just get worse and worse. The worse things get the more depressed you get and thus begins the endless cycle.

It can sometimes feel like there is no way out of depression so many people choose to just give up. They get tired of the daily struggle of trying to cope with all of the stress and conflict in their life and choose not to fight the depression any longer.

Depression tends to cause a person to completely change after enduring it for long periods of time. You will notice that they begin to form a completely different personality. The ambition and the drive that they had at one time may vanish and you will notice that they seem as if they no longer care about what happens in life. You will also notice that they will begin to lose many of their interests and a smile will be a very rare thing to see on their face.

Now when you think about all of this it seems pretty reasonable that long periods of depression could lead to a person becoming very angry with themselves and the world as a whole. People do not like to be treated unfairly so we you feel like life is giving you a bad hand it is only natural to get a little annoyed after a while. It is very important that you know how to

limit the amount of anger you feel and are aware of ways in which to direct your anger in positive ways in order to better your life. Taking your anger out in negative ways will only lead to more problems in your life which will in turn just lead to more depression. The only one that can stop the cycle of anger and depression is you.

Keep in mind that you attract in to your life what you project. In other words, if you are constantly projecting angry vibes and signals, you will have nothing but the same type of vibes and signals come back your way. Even when things seem like they could not get any worse, you have to remember that they can and they will unless you change your way of looking at life.



Chapter 04 - Simplifying Your Life

Synopsis

Life in today's society is very fast paced and it is rare that a working individual has the time to sit back and enjoy some peace and quiet. Everywhere you go there are car horns blaring and airplanes flying overhead. It seems like there is twenty-seven hours worth of work to do each day even though there is only twenty-four hours in a day.

People are constantly multi-tasking, even when they do not realize they are doing so. Cramming your brain with too much stimulation can be very bad for your emotional health. Your mind needs time to rest and to take in all of the information that it receives on a daily process. If you think about everything that happens in a twenty-four hour period, that is quite a large amount of information to process.

You can make this process much easier on your mind if you learn how to do one simple thing. You need to learn how to simplify your life. The following chapter will shed some light on the importance of simplifying your life and will also provide you with some helpful tips that should help you have a good start.

Keep it Simple

As mentioned before, overloading your mind with too much stimulation at once can have negative effects on your emotional health. This is especially true when it comes to irritability and anger. If you want to learn how to control your anger as well as your other emotions, you are going to have to learn how to make things easier on yourself and how to slow things down a bit.

The following are some tips that should help you to simplify things in your life a little bit and begin getting a hold back on your anger.

- **Possessions**

People have a false sense of truth when they feel like material objects are the only thing that can bring them happiness in life. You can ask many people who keep their possessions to the bare minimum needed for survival if they are content with life or feel angry on a regular basis and they will surely tell you that they are not. In fact, these people will often be much happier than other people. The reason for this is the fact that they do not have as much to worry about. In order to get material items you have to have money. If you do not worry about unneeded possessions you can save a great deal of money and avoid a whole lot of stress in your life.

- **Clutter**

You need to avoid having cluttered spaces both around your home and your working area. We as humans like to be in clean environments. We become stressed when we are in cluttered spaces and this stress eventually will turn into anger. Find a way to keep

your things organized and keep living and working areas neat and you will be surprised by how quickly you start to feel less angry.

- **Social Get Togethers and Work Meetings**

Avoid over-booking your day and do the best you can to make sure that you always leave yourself plenty of time for relaxation. People tend to schedule far too many activities in for one day and constantly find themselves rushing around like a crazy person trying to get things done. This can cause you to become angry for a couple of reasons. The first would be of course all of the stimulation that your brain will have to process in just a short amount of time. Then second reason would be the fact that they would likely spend the whole day being nervous about if they will be on time to each meeting. This anxiousness will surely turn into anger if it goes on for long enough.

- **Goal Setting**

When you set goal for yourself it is important that you make them realistic. There is nothing wrong with setting small goals. Setting large goals and struggling to achieve them or failing at them will surely set you up for emotional failure.

- **You Speech**

It may sound silly but it can be very helpful when it comes to managing anger if you minimize your speech. Choosing not to gossip gives you more time to process your own thoughts in your mind and keeps you from becoming over-loaded with other people's problems or situations.

- **Multi-Tasking**

Multi-tasking is very exhausting on our minds after doing it for long periods of time. There have been scientific studies that have been conducted that state that a human's mind is designed to only be able to process one task at a time. Therefore, when you multi-task you are over working your brain and this is bad for your emotional health.

You will notice that people who are over worked always seem to be angry or irritated. This is because their mind is being deprived of the rest it needs in order to be able to function properly.

All in all, you basically just need to find ways to make your day easier. Get rid of your unneeded possessions and learn how to slow down and appreciate the small things in life. Some of the most beautiful things like a sunset are free, but you will never see one if you are too busy over working yourself.

Chapter 05 - Meditation to Control Anger

Synopsis

Meditation can be beneficial in many different ways and controlling your emotions is no exception, especially when it comes to anger. People have been using meditation for centuries. This is probably due to the fact that if done properly, meditation can be very effective.

Meditation offers you a way to connect with you inner-self. This is very important for discovering who you are and why your emotions are the way they are. Sometimes your real troubles in life come from within.

Meditation can be a great way of not only discovering these issues but also addressing them as well.

The following chapter will go over how meditation can help you to control your emotions and will also provide you with some simple steps that will help you to meditate properly.

Meditation for Inner-Peace

Meditation is something that anyone can do, they just need to know how to do it properly if they expect to see any results. You will be truly amazed by how much easier it will be to deal with problem in life while keeping your anger and other emotions under control when you practice the art of meditation.

One of the best things about using meditation to control your anger is the fact that there is no need to purchase anything and you do not need the help of anyone else to do it. All you need to do is follow a few simple steps and believe in what you are doing and before you know it you will begin to see results.

The following are some tips that should help you to get the best experience possible while meditating.

- **Posture**

Your posture is extremely important while meditating. Find a position that is comfortable to you but make sure that you have your spine and head aligned in an upright position. You want to avoid slumping as this will hinder your meditation experience. Also, make sure that you are properly balanced as this will help a lot.

- **Eyes**

Some people prefer to keep their eyes open while meditating while others prefer to keep their eyes closed. Decide which one you prefer to do more but keep in mind it may be harder to avoid distractions with your eyes open.

- **Here and Now**

To properly meditate you must learn how to concentrate on the here and now and to focus on your meditation. You must learn to let go of all outside distractions, no matter how hard it may be.

- **Breathing**

Focusing on your breathing is very important while meditating. It creates a way for you to connect with your inner-self and also works great to calm the nerves and sooth the spirit. If you are having trouble with properly meditating you may want to consider trying an ancient practice that was used for meditation where breaths would be counted. This further heightens the amount of focus on the meditation session and rids even more distractions.

- **Negative Thoughts**

You may experience situation where negative thoughts try and cloud your mind while you are trying to meditate. Do not let these thoughts distract you. It is important that you keep your focus on the meditation session. This is another example of a situation where breathing techniques come in handy.

- **Length**

When you are first beginning the art of meditation it is advised that you keep your sessions short. Meditating can be exhausting so it is best if you get used to it before trying longer sessions.

- **Surroundings**

Having a quiet place that you can be alone and hear your thoughts is very important for meditating. It might actually be a good idea for you to find a place that you can designate as your official meditating area.

As mentioned before, meditation can be very powerful for controlling your emotions. You just need to make sure that you are doing it properly and that you give it a chance to work. You cannot expect to meditate once and suddenly be in control of your anger and other emotions. It will take some time as well as a great deal of practice but if you stay determined you will slay your anger soon enough.



Chapter 06 - Using Good Communication

Synopsis

No matter how in control you become over your emotions there will still be certain situation and mishaps in life that will make you a little upset or angry. We are all human and it is in our nature to get angry over certain things. The key is knowing how to control your anger and being aware of ways in which you can get your anger out in productive ways.

One of the best ways you can get your anger out, make a point, and keep yourself under control all at the same time is to learn how to communicate effectively. This will allow you to get your point across while keeping your cool and will also help others to receive your message in a much more productive manner.

The following chapter will go over using communication to vent your anger and will also provide you with some tips on how to do so.

Effective Communication

As stated before, everyone gets angry from time to time and at the same time people need to vent that anger from time to time. Keeping everything bottled up inside is very harmful for your emotional health and sooner or later the top to the bottle is going to burst and an emotional angry flood is going to come out. That is why getting it out sometimes is so important but so is doing it in the proper way.

The following are some tips on how you can make sure you communicate about your anger and other emotions in an effective manner.

- **I Statements**

It is important to make sure that you use “I statements”. Try to avoid using the word you because this makes what you are saying seem like a personal attack. For example, try saying I feel disrespected instead of saying you disrespect me. It may be hard to do at first but with practice it will become easier.

- **Proper Body Posture**

Make sure that when you are communicating about your emotions that you are exhibiting an open posture. Avoid crossing your arms and try to remain eye contact. It is important that you keep your face relaxed, even though you may be angry.

- **The Golden Rule**

Everyone knows the golden rule which is treat others how you want to be treated. We were all taught this as a child and it is important that

Closure

It can be a real challenge to get anger under control, especially when things are not going so well in life. Anger can be controlled though and so can all of your other emotions. Do not feel as if you are the only one who gets upset about things, everyone gets mad we just have to know how to control it. It may be hard but it is more than possible, you just have to put your mind to it and be determined.

Letting anger rule your life can be very damaging to your emotional health as well as your physical health. There are people who love you in this world and want you to be around for a long time. Do not shorten your life by being angry all of the time.

Practice the techniques that were provided to you in this book. The first step is you deciding to make a change. Keep in mind, you and only you can make this decision if you truly want to become a happier person. It may be hard at times but nobody ever said it was going to be easy. Then again, it can't be an easy life living with your emotions out of control.

Keep a happier time of your life in mind and use this as your motivator when things get rough. Always remember that there is another answer to problems besides just getting angry. In fact, getting angry just makes things worse most of the time.

I'm sure that you have received some valuable information from this book that will be helpful for you on your journey to a less angry future where you are in control of your emotions. Just remember, change will likely not happen overnight so it is important for you to be patient and not to give up.

I thank you for the time that it took you to read this book. I hope that you are inspired to gain control over your emotions and I wish you the best future. Good luck!

