


How To Control Your Anger Before It Controls You



3 Steps to Anger Management

1 Prevent

- Understand that anger helps you know what you like and don't like
- Know your triggers
- Learn to negotiate

2 Prepare

- Plenty of positive self-talk
- I am calm right now
- I can stay calm
- I can manage my angry feelings

3 Practise

- Count backwards from 15
- Imagine somewhere nice and picture yourself being there
- Jog or jump on the spot
- Either solve it or leave it
- Be assertive

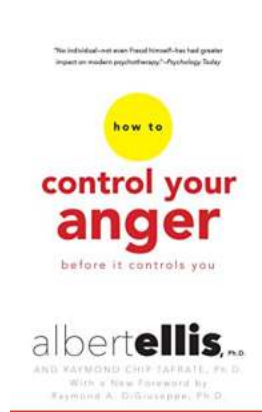
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Anger is a powerful emotion that can easily take control of our lives if not properly managed. When left unattended, anger can cause various destructive consequences, affecting our relationships, physical health, and overall well-being.

However, by learning effective anger management techniques, we can regain control and lead a more peaceful and fulfilling life.

The Consequences of Uncontrolled Anger

Before delving into anger management strategies, it is important to understand the consequences of uncontrolled anger. Unchecked anger can lead to heightened stress levels, which can result in cardiovascular problems, weakened immune system, and other health issues. Moreover, constant anger can damage relationships, both personally and professionally, causing strained interactions and alienation.



How To Control Your Anger Before It Controls You

by Albert Ellis (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 655 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 153 pages

Lending : Enabled



Identifying Anger Triggers

One of the key aspects of anger management is identifying the triggers that ignite our anger. These triggers can be external stimuli, such as a specific person or situation, or internal factors, like negative thought patterns or unrealistic expectations. By recognizing these triggers, we can preemptively prepare ourselves to respond in a more constructive manner.

Practicing Effective Communication

Poor communication often plays a significant role in fueling anger. Learning effective communication skills can help prevent misunderstandings, resolve conflicts, and express ourselves assertively rather than aggressively. Techniques such as active listening, using "I" statements, and seeking clarification can greatly improve our ability to communicate, decreasing the likelihood of anger escalation.

Using Relaxation Techniques

Relaxation techniques are valuable tools in anger management. When we feel anger building up, taking a step back and employing relaxation strategies like deep breathing exercises, progressive muscle relaxation, or visualization can calm our minds and bodies, diffusing the anger before it overwhelms us.

Changing Thought Patterns

Our thoughts greatly influence how we perceive and react to situations. Negative thought patterns can amplify anger and hinder our ability to effectively manage it. By challenging and restructuring these negative thoughts, we can adopt a more rational and balanced perspective, reducing the intensity of our anger responses.

Seeking Professional Help

For individuals struggling with persistent and uncontrollable anger, seeking professional help may be beneficial. Anger management therapy, counseling, or support groups provide a safe and supportive environment to explore underlying issues and develop effective coping mechanisms. Trained professionals can guide individuals towards lasting anger control and personal growth.

Anger is a natural emotion, but it is vital to manage it before it manages us. By identifying our anger triggers, practicing effective communication, utilizing relaxation techniques, changing negative thought patterns, and seeking

professional assistance when needed, we can regain control over our anger and lead a more fulfilling life. Remember, anger does not have to define who we are; it can be a catalyst for personal growth and positive change.

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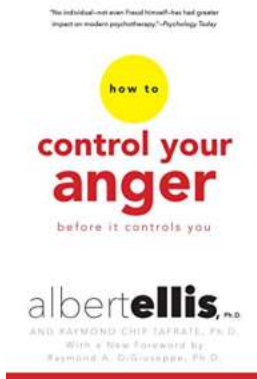
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Don't let anger harm your health, career, and relationships: “No individual—not even Freud himself—has had a greater impact on modern psychotherapy.” — Psychology Today

Anger is universal. Unchecked, it can cause lasting damage in our lives: wrecked relationships, lost jobs, even serious disease. Yet in these increasingly stressful times, all of us have acted in anger—and often wished we hadn't. Is there a way that really works to solve problems and assert ourselves without being angry?

The answer is a resounding yes, if you follow the breakthrough steps of Rational Emotive Behavior Therapy (REBT). This proven approach, developed by world-renowned psychotherapist Dr. Albert Ellis, has withstood the test of time, helping countless people deal effectively with emotional problems.

Using easy-to-master instructions and exercises, this classic book will show you how to apply REBT techniques to understand the roots and nature of your anger, and take control of and reduce angry reactions. Here you will discover:

The rational and irrational aspects of anger

Special insights into your self-angering beliefs

How to think, feel, and act your way out of anger

How to relax

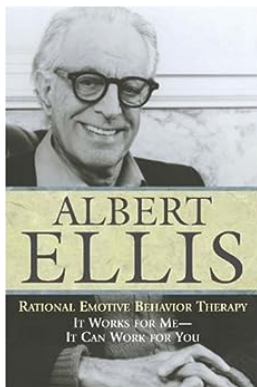
How to accept yourself with your anger

. . . and much more that will help you challenge and eliminate the anger that can frustrate success and happiness at home, at work, anywhere.



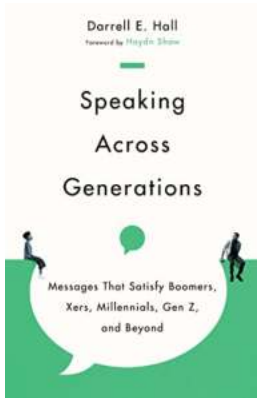
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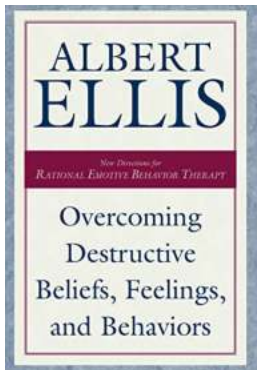
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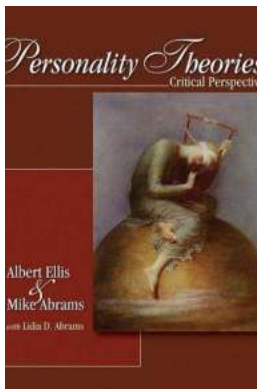
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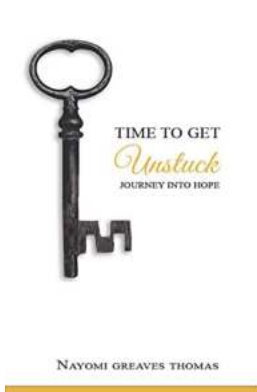
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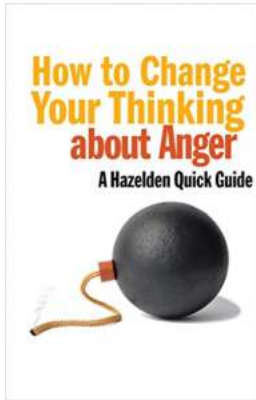
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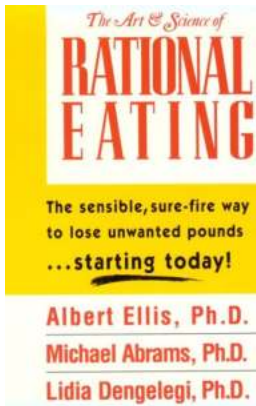
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