

# Anger Management

## How to Stop Anger from Ruining Your Life



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## Table of Contents

Introduction .....	3
Knowing How to Identify the Root of Your Anger.....	3
Fear.....	3
Negativity .....	5
Substance Abuse Increases Anger .....	6
Depression .....	8
Influenced Anger .....	9
Chapter Two.....	11
Anger Can Control Your Life.....	11
Domestic Violence .....	11
Anger can kill.....	12
Anger Consumes Time .....	14
Inside the Angry Mind .....	16
Anger Takes a Toll on Your Body .....	18
Chapter Three .....	20
Taking Control of Your Anger .....	20
Evaluating Anger.....	21
Dealing with Anger .....	22
Reducing the Roadblocks of Anger.....	24
Coping With Your Anger .....	26
Anger in Review .....	28

## 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 a 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.

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. 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.

- Evaluate the problem carefully
- Review your choices for solving the problem
- Pull out your resources to deal with the problem
- Collect the necessity needed to solve the problem
- Come to a conclusive decision
- Take steps to handle the issue immediately

Putting things off 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 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 act 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 think 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 imagine 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, and 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 often they will 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.

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 particular 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 anxiety, 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 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:

- Speed
- Marijuana
- Alcohol
- Ecstasy
- Cocaine
- Ephedrine
- Caffeine

- Meth
- Heroin
- Xanax
- 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.

You may have learned from an early age that to deal with things you must turn inward. Either your parents nor an adult example of healthy anger management was 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. Eventually, you will notice there are other options; such as help groups and anger management classes to teach you many more effective ways of dealing with your anxiety 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 the 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.

## **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 to screen 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:

- Depression
- Bi-polar disorder
- Insomnia
- Schizophrenia
- Anxiety
- 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 not to 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.

### **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 the situation with poise and integrity try and incorporate that into your lifestyle. The 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 to learn how effectively to 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 politics you happen to be fond of in a way that angers you, say something about the person they favor or the person you favor 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 every day of your life.



(The photo is a link to my site)

## Chapter Two

### Anger Can Control Your Life

#### Domestic Violence

Anger plays the leading role in domestic violence cases. People who abuse their spouse are in this situation and angry due to an antisocial disorder underlying in their mind. Anger is the leading symptom of personality disorders such as paranoid schizophrenia, antisocial personality, psychopathic, sociopath, and so on. Antisocial behavior personalities are part of most of the people in abusive relationships.

This type often attacks when their guard is down such as when they are under the influence or drunk. They have been known to disregard rules and regulations because they feel they are authorized to do so. Antisocial personality types are extremely controlling and by not conforming to their authority you will be left as a vent for their anger in a violent manner. This type of individual has never been a proven candidate for

recovery, meaning people that batter their spouses will most likely continue until someone dies. It is not wise to engage in these situations because a chance of hope is rare.

Finally, death will often become the focus during the beating. Eventually, someone will die, because the person's anger will grow through the years. They'll rarely ask for help and even in getting it, it often fails.

Staying away from relationships that include such a character would be beneficial. Some of the signs to look for would be deranged looks or expressions, laughing for no apparent reason, finding humor in a situation when a person was harmed, or anger outbursts for no reason.

Behind closed doors is when the predator appears, even though they will often lead you to believe that he or she is a model for society. Deep seated jealousy is another anger issue with these types of individuals. They exceed their limit of alcohol consumption only increasing the odds of them exploding in rage.

One example has been seen in a small town, in Michigan. A person attempted to kill many women and was still allowed to walk the streets. There was little help provided to this person and his outrageous attacks were often because he could not control the person's behavior. The victims were left without justice, and he even led some to believe that he would change his way of life for them.

Today he sits in a county jail on charges including assault of a police officer and a hit and run accident. According to witness the police claim that he had a weapon on him and was over the legal limit the night his accident occurred. He eluded the police and marijuana was found in his vehicle.

### **Anger Can Kill**

Anger is often ignored over a long course of time. That is when anger can kill. When a person is overly angry, he has the inability to express his anger without exploding. That is when you know that the problem needs immediate attention. Alcohol and drugs are

not involved in all cases but will ignite the already burning fire into oblivion. Hate is the root of all anger and the person with problems often has a hard time holding back his or her impulses, desires and emotions. Acting out of impulse, the person often attacks the source of his anger. Not everyone decides to commit murder when they have an anger problem but in some cases it has happened and will happen again.

Self talk can be a great way to express anger. You might want to ask yourself what is going on inside your mind when you are losing control. The anger may be built inside for years, or it could be caused by the now, you can begin analyzing your mind when you learn self talk strategies.

If you talk yourself through your anger, you will be able to learn ways to deal with your anger because you see it through your eyes for the first time. Anger is the direct result of an incident. The person dealing with anger may have been subject to neglect, abuse, bullies, etc. Those personal issues were most likely not addressed up front; rather the negative was allowed to build up to a point of explosion. Try to remember that the world does not revolve around you. The pain that triggers your anger symptoms is often the result of your decision making.

For example; the Internet provider you choose continues making problems, such as redirecting you when you are trying to make a connection. This is enough to anger anyone. However, the company is not focused on you. There is a breakdown in communication on the company's part. Sure it is upsetting but it is a small fork in the road. No one is out to make your life terrible. This should allow you to realize that we all go through bad instances, but how we deal with it is the key to success.

Anger often can result in rage and centers on antagonism. In most instances, fury can overtake a person struggling with anger. Anger can be a serious emotion that could lead to ungodly measures. To some people with anger issues violence may be the answer to repairing a problem but aggression only makes matters worse. We have to look deep inside ourselves and find the instigating source of the explosion.

People are rarely upset because of words, actions, places or people. More often than not an integrated hatred has built up inside of them through many years. Persons are

lacking educational experience when we need maturity the most. Anger is nothing to play with when a person loses their ability to sustain self control. There are no limits to what their anger can do.

### **Anger Consumes Time**

When we get mad, we are using up all of our energy and time on negative forces that usually don't give proven results. Using anger to our advantage is an option most people don't understand. It usually takes you on a rollercoaster of mental breakdown and verbal explosion. There are many ways that anger consumes our time and can take away from our quality of life. Take a minute to look at some examples of how anger can strip you of the quality in your life:

- Getting upset during a friendly game of golf can ruin the game and the best of afternoons.
- Road rage can cause your head to spin and cost you safety on the road.
- Sometimes your children can upset you and you'll wish you hadn't let it get to you when they grow older
- Taking anger out on your wife can jeopardize your marriage and leave you there sleeping on the couch.
- Getting angry with your boss can only cause you harm. You are employed by them, and you should make the most of it. They will always be right.
- Your pet uses the restroom on your new carpet, and you hit or kick them. This causes psychological damage to your pet and could lead to other behavioral problems later.

- Don't waste your time with the tasks on your plate, get them done with a good attitude and your list will be completed before you know it.

All of the things listed previously can ruin your day and waste your valuable time. There is no need to take out your frustrations on others, especially your children or your pets. If you find yourself doing this often, you should speak to your doctor about depression screening and to discuss your options.

We face problems every day such as anger, prejudice, and crime. This kind of anger can only hurt people and sometimes in mass numbers. Hate crimes have overtaken our world. Exposing uncontrolled anger only hurts yourself as well as others.

For example, we can remember September 11, 2001, when a group of men acting in rage affected the entire world. They added more problems to everyone's life rather than fixing their own. We can see that anger played a humongous role on both sides. Terrorists from another country acted out in anger by taking revenge based on their beliefs. The American government retaliated in anger and six years later still little is resolved.

Anger had taken control of the situation before there was another option to deal with the problem. As we look back through our history, we notice other wars that consumed many years of our history and affected us all in some way. It effects the environment, parents, children, the state, the economy, teachers, everyone. We have to find a way to deal with anger on all levels to get ahead in life.

Some of us find it easier to deal with our problems in a suitable way while others act out violently. In a way, we all depend on each other directly or indirectly. We could use anger positively. To use the route to having a much more productive life and meaningful lifestyle.

At this point, anger seems to rule the world. Since we are all involved with the violence that plagues our system, we all need to take the first step in dealing with our emotions that cause anger and it will be beneficial to us all. Learn to show patience to someone

you know that is dealing with an anger problem. Promote positive thoughts and energy to keep anger from consuming your time.

Another way to manage your anger and your time is to make a point of turning off your mind when you get worried about the stressful situations that life throws at you. Tell a friend about the fear and worries you have and tell them about your tendencies. Ask them to talk to you about it. It's really nice to have a shoulder to lean on and an ear to vent to. This is a great technique to use when you're trying to prevent anger attacks from occurring.

### **Inside the Angry Mind**

In life, we all have rules that we must follow. We are not allowed to kill someone, steal a candy bar, or lie to our mothers. Every one of those rules has been broken and will continue to be broken. Each rule you break, though, comes with a consequence. In some cases, certain people will believe that the rules don't pertain to them and only to others. These same individuals let emotions run their lives.

People that have no regard for the rules will often break them without thinking twice. They will often humiliate, intimidate, or assault another person physically while believing they have the power to do so. When others are hurt, it will satisfy an angry man's covetous side and the feeling and physical condition of others is often disregarded. This anger burning inside will often lead to robbery, hate crimes, assault, and so on. This same individual will go on to harm people feeling that there are no consequences for his or her actions.

For example, a man may steal an expensive car from someone, and the first thing he says when he gets caught is that the owner didn't deserve it, but for some reason he did. The person may beat the life out of his spouse and then have the nerve to blame it on the victim, rather than owning up to his own actions. This kind of anger roots from the hatred of people and the things that people do. This kind of anger is the one to most likely become aggressive whether there is reason or not.



Inside the mind of an angry person can be an odd place. Many of their minds function on impulse only. They get their bits of excitement from the unknown future while most individuals like to know what is coming. Impulse acts can be quite risky, but that's what is enjoyable about it for some. The same person will often neglect all responsibility and set their focus on controlling the ones around them. If you have any problems with anger, it may be best to stay away from individuals with these tendencies. Surrounding yourself with the right influences can be your first step to recovery. Here are a few things to look for.

- If the person has been in and out of jail, it probably means that they have a problem with authority. That's a big red flag for anger problems.
- Many people with anger problems can't keep a spouse around. Steer clear of individuals who are in and out of relationships.
- Look at their hands. Many angry people will have cuts and bruises on their hands from things or people that they have punched.
- If the person you want to date has or has had an issue with drugs or alcohol you may want to take that as a no go, people with dependencies often have more issues with relationships in general than the average person.
- Get to know his or her friends and family. When you see the one's he, or she loves acting in a way that frightens or worries you, respond immediately. Trust your instincts.
- When you notice domination in his or her personality, talk to them about it openly, if you don't like what they say you may want to break the relationship off.

Most individuals with this level of anger are hopeless. There are no techniques prescribed to master the anger and the realm of these minds. You should stay away

from anyone that frightens or worries you. You will know better than anyone how you feel around a certain person. When you don't feel right about the situation, remove yourself. You should tell the people around you, your family, friends, and coworkers, that you are scared or worried about that person.

They may not have a lot to say about how you feel, but they could help you come up with a plan in case you are in a situation with the person worrying you. You should communicate your feelings to someone just in case. If you are being abused or threatened, call the police immediately.

If you are the one having a problem with abuse and other anger issues, you should try and step back from the situation for a bit. Take some time to clear your head with exercise and relaxation. You can do wonders with a little pampering. You may also want to talk to the person that is causing the anger. If you have trouble venting your frustrations you should try and talk to a doctor, friend, and/or family member. They may have some good ideas for you to relax and calm down.

### **Anger Takes a Toll on Your Body**

Anger can do a lot to our body and our minds, and sometimes we don't even know it is happening. When we feel angry, it is hard not to stress out, tense up, and feel sick to our stomachs. When things make you angry it is hard to rationalize, and it may feel as though we are alone.

The truth is, however, is that we are not alone, not in the least. If you are hurting, or are angry about something or someone you should begin by talking it out with your best friend. Ask him or her how to approach the situation and handle it like an adult. You won't want to resort to violence or harsh words. Doing violent acts can really leave you with shortness of breath and may result in a heart attack.

When you respond in anger, you could end up hurting yourself more than you would hurt the person or thing making you angry. You could hurt your hands hitting something;

you could cause headaches, backaches, stress, and anxiety. You will hurt yourself if you keep your anger inside, and that is why you should use it to your advantage.

Using your anger to better your body's appearance and physical strength is most likely the best thing you could do with your anger. Going to the gym for weight lifting or aerobic exercise can help you to work out your frustrations. The act of going to the gym allows for friendships and fellowship as well, which does a great deal for your mind and being.

Joining classes with others in your peer group can also help you decompress and react to your anger, all in a different and much better way. You could be doing something great for yourself all around by using your body to defeat your anger. Some people even ask their friends or family members to come to the gym with them. The camaraderie is fun and can help eliminate stress and anger for good.

Using your body to overcome your anger is the best and most effective way to rid yourself of the burden of being mad. You can have fun while exercising your mind and your body at the same time. When you exercise your body, you will be using your physical being to help defeat the demons keeping you angry.

People struggle merely from common problems all the time. Eventually, they remember it is important to live each day to its fullest. Do what you can to find humor in the situation. Laughter can be a great source of relief from your anger. Here are a few things to do that could end up tickling your funny bone.

- Watch comedies on television when you get the chance. You could be laughing within seconds of turning one on. *Saturday Night Live* comes on everyday on one or two channels.
- Grab any Adam Sandler movie. They are always good for a number of laughs. Plus, Adam can make anyone smile with his goofy smile. *Happy Gilmore* anyone?

- Reminisce with family members or old friends, they always have the funniest stories, and it's great that they are all about you.
- Read the funnies in your Sunday paper. *Peanuts* are still out every Sunday, and Charlie Brown is always into something new.
- Hang out with friends that know you well. Go to dinner or maybe go bowling. Anything you like to do, you should do that with the people you love and that love you. They can instantly help you see your situation in another light.

If your stomach begins to feel a knot from anger, don't get angry about it. It's a cycle that many people with anger problems get in to. You get mad. Then your stomach tightens up. You get mad that your stomach tightens up, and the cycle goes on from there. Just remember, any time that you're burning energy; you're burning the negative energy that is actually the root of your negative emotions. Thus, you start eliminating your anger.

If you enjoy writing, you may like to sit down and put your feelings on paper. This can be a release of built up emotions that are dragging you down. During your writing, you may feel your shoulders loosen up and your appetite may perk up a little. Write about the life and the people you have seen on Earth. Try your hardest to make it humorous in between the lines. You'll want to look back on it and laugh. It has helped many people relieve stress from their bodies and remove many anger problems, too.

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## **Chapter Three**

### **Taking Control of Your Anger**

## **Evaluating Anger**

The first thing you'll need to do when trying to fix your anger problems is to evaluate the level of anger you have. Evaluating your thoughts and emotions will lead you to the answers to your problems. When your emotions are threatened, you may be prone to erupt. In some cases, it can lead to acting irrational. When you are evaluating the problem you are studying the level of the problem, the solution to fix the problem, and the problem's significance.

Evaluating your problem slows the brain down so that it can think before it acts. If you lack in this area, practicing now would be a good idea. If you leave anger to linger for too long, it can lead to real problems. For example, a man named Stephen realizes his job creates emotional interruptions, and he is overqualified for the job. He soon realizes he is being underpaid. His situation is real, and he realizes that they are real problems, and they truly exist in his life.

Stephen has two options in this case. He can procrastinate and let the problem increase rather than using his resources and analyzing the problem carefully. If Stephen decides to evaluate his mind, he may decide that it is a better idea to apply for a higher position somewhere else while continuing to work a job he already has. If he does, it can allow him to have a steady flow of income while he is waiting for a better job. Once he gets that better job; he can relax after the moment passes. Stephen also has another option; to blow up at the supervisor and hurry out the door. He will be left jobless, no money, and an unsure future because he let his anger get out of control. Stephen will then lose a good reference when he tries to find a better job. Stephen only added fuel to the fire instead of correcting the problem by assessing his resources and emotions.

As the example above explains, you shouldn't let your emotions get out of control or let your anger get away from you for this increases your chances of failure and reduces your chances for improvement. Making correct decisions should become a way of life.

You will never stray from the course of life's success journey by evaluating your life and making the right decisions from the start. Don't forget that problems will arrive, and you must face them head on. You can deal with your anger easily by keeping a good

outlook on life. There is no mountain you can't cross over when you can see your way out of any jam. To cross over a mountain you need a strategy, confidence and hope to last through the road to recovery.

Thinking of life as a rollercoaster ride can be beneficial to any situation. There will be bumps along the way. Realistically, it's an intense ride that is challenging as well as exciting. By challenging your potential and evaluating your anger, you can take control of any rocky situation.

Again, almost all of our problems stem from our personal decisions and learning to stop and think before making rash decisions will lessen the problems along the road of life. If you ever get the feeling that you are losing control take a moment to stop and think. In front of you is a decision to be made and the best way to deal with the problem. There is only one way that anger becomes useful; that is when you are in a risky situation, and there is no way out. It is possible to think of anger as either good or bad source knowing that it can help or lead to major problems in life.

### **Dealing with Anger**

No one ever said dealing with anger is easy. People are always dealing with problems that can result in anger. It's how you deal with it that is the secret for most to overcome their problems. There is not a single person on Earth that has never been mad at some point. Anger is something we all deal with. We can examine how lies can instigate anger by looking at the individual. The person involved in criminal activities or selling drugs usually has a history of anger.

When Adam and Eve were created on Earth, Satan appeared in the form of a serpent that lied to Eve, deceiving her. That one lie set the world off toward suffering, violence, war, murder, weather disasters, and so forth. Since the first lie, the world has been chaotic, and only worsens as the years go on.

Now let's look at all the aspects of a person's anger. Many people in this world have problems with anger. People with post traumatic stress disorder often suppress their emotions. Here are a few tips to help you deal with your anger:

- If you lie, cheat, steal, commit any sin, own it. Make sure you have no problem admitting your shortcomings, as this will add to your self worth and mutual respect.
- Find something that calms you down. Work out, sports, walk in the park, journals, there are answers for everyone to deal with their own anger, but it is a personal decision. Choose what you like most.
- Visit friends and family.
- Redirect your emotions and energy. Find other ways to channel your anger into productive forms.
- Talk to someone about how you are feeling.
- Talk to your doctor if anger is a real problem for you. You will want to know if it is a mental issue for you or not. This way you can fix it easier.
- Most anger issues have been with you your whole life. You may need some serious counseling to help fix the problem.
- Stay away from trouble. Try and help someone every chance you get. This will add self pride. There's nothing better than feeling proud of yourself.

- Many people are angry because they feel they don't get the respect that they deserve. When you are at work, do the best job you can. You will get recognized for your efforts and respected for your work mentality.
- Admitting that you have a problem can also help. Telling your friends and family that you need support will ensure that someone will always be there when you need them.
- Stay away from alcohol at all costs. It can fuel the fire of anger you may have inside. There is no way to tell how you will act when you are intoxicated. You do not want to hurt anyone when you're sober, but you may end up doing it after you've had a few to drink.

Many people with anger problems have realized that it is connected with alcohol and/or drugs directly. You may be surprised to find that it can be a tremendous help in your movement away from anger. Drinking causes emotions to flare and conversations on touchy subjects to come up. You never know what you may say to offend another person with an anger disease. Stay away from alcohol if you want to have a chance of recovering.

### **Reducing the Roadblocks of Anger**

When you reduce the roadblocks of anger, you will find it to help you in more ways than one. To figure out the roadblocks in your life, you will need to review your anger in your mind and its cause. This can often help us see the light to recovery.

If you are prone to being angry, then you have a low tolerance to anxiety, stressors and fear. Road blocks are a sort of barricade set with traps at the end of emotion getting ready to halt the enemy at any point in life. Long before your anger took over your emotions, you were probably already in an uproar. In this case, you should review your mind and learn more about your feelings, thoughts and emotions.



Most likely, there is a problem in your mind that has been around for a long time, and you never took the time to deal with it. When a problem occurs, take time to confront the issue immediately before it spirals out of control. Sometimes, the moment at the time of the problem is not right to deal with it. Try to make time shortly after it develops to keep the problem from growing.

Perhaps you are lacking education and experience in these areas. You would be well served by this book and many others to see your options in life. Sometimes when we have problems the answer is buried inside us. This is a great subject to review and research to help solve our anger problems. All of us are subject to explosions, so you shouldn't feel alone in your anger.

Certain studies have proven that we all contain an aggressive side. That aggressive side is subject to kill if the right opportunity comes up. Such as:

- If they were to harm you or your loved ones.
- If someone breaks into your house or personal space.
- If you think your life, or the life of your family is in danger.
- In a war or other struggle dealing with your country
- Domestic violence on you or your loved ones
- Anything having to do with your child, especially if someone is treating your children badly or unjustly.
- If someone puts your friends in danger.

You may want to evaluate your beliefs to remove any contribution they may have to your anger. Sometimes you may feel like your rights have been stripped from you. Immediately review the ideas in your mind to see if this is factual. If your rights have been violated in some way, you have options for retaliation besides the obvious angry outburst.

You can use your local law enforcement or other authority in your town to help you fight your battle without violence. When you try to fix your problem on your own you, and the person that angered you in the first place could end up in a lot of trouble. Use the resources available to you to help you through times of anger and distress.

Ask yourself what roadblocks you are facing in life. If the roadblocks aren't valid, you may just be setting yourself up for a crash. For example, if you are worrying yourself about a ticket you have not paid yet, don't think the law will come and arrest you at any minute. You are setting yourself up for a crash.

If you have a traffic ticket that was overlooked, you can call the courts to file for an extension. If you have to appear in court go through the conversation in your mind before you walk through the door. A speeding ticket will only result in a fine. There is no reason to stress about areas such as these. When you gain control of your anger, you will find that your life is no longer threatened to the magnitude you believed it would be.

### **Coping With Your Anger**

Anger is one of the leading problems in our society today. For this reason, we must learn to cope with it from an early age. Children these days learn from their parents and watch every move they made. To cope with your anger is to help a child not suffer from the same predicament you find yourself in.

You can teach your children from an early age to cope with anger by using words. They should be reinforced to use words that are calmly expressed and nice to the person they are talking to. If you overreact, your child will too. If you throw things around when you get mad, your child will throw, as well. You don't want to set them up for the same issues you are facing now as an adult. Teach them the best way to cope with anger from the beginning and you could even teach yourself something, as well. How do you do this you ask? Here are some simple guidelines to teach yourself and your children how to cope with their anger:

- Ask your children to use their words whenever possible. If you know how to express yourself without anger, you are ahead of the pack. You can deal better in any situation, and you will overcome challenges with ease.
- Make your children write down what they are feeling. Validate their responses to your questions and ask plenty of questions. Ask them how they feel and ask yourself the same questions when you are angry.
- You can learn a lot from how kids play and react to one another. Tell them to ask for things they want nicely. Teach them rules for getting along with others; simple manners will do the trick, such as “thank you” and “please.” Anything you can think of to teach them how to deal with their peers could keep them from future let downs.

When you finally gain control of your feelings and emotions it will not only guide you to becoming successful in life, but it will also protect you. You will know how to deal with situations when they arise such as financial problems, medical emergencies, or intense conversations.

When persons are dealing with anger, they will neglect to recognize the problem. That is something you must do. Denying any actions or problems you may display is a big step backwards. The leading reason why some never overcome their anger problems is denial. Another main reason is that they never put acceptance into force as it should be.

There is a constant debate lingering about diagnosis among mental health experts. Providing a diagnosis only creates a label that leaves the patient in an ongoing struggle. Many disagree with this idea because they believe that a person needs to know what is going on with them internally before they can deal with the problem. This is another form of agreement. Recognizing and acceptance of your anger problems are the two biggest steps you can make in an attempt to overcome them.

Many people who go through this diagnosis procedure before someone figures out what the problem is only leaves a person confused. Leaving a person wandering around in life trying to figure out what is wrong is unfair. Life is too full of problems for that. It is often easier to deal with the problem if you have the root. Grab the emotions and your anger problem before it continues to worsen.

### **Anger in Review**

In reviewing the source of our anger, it will help us to find the answers we missed while our emotions had control. Emotions are our inventory and can control our sadness, joy and most importantly anger. Having difficulty managing your emotions can cause you to suffer from anxiety, depressions and outbursts.

Solutions include writing down your emotions, working out your frustrations in the gym, or finding your own way of fixing your problems. Either of these things will work for you, but you have to make sure it is a personal gain. If you choose something to help you out from anger, it must be something you enjoy and something that works for you. Everyone is different.

If the person doesn't find a way to control the emotions that bring on anger outbursts, anger will most likely get the best of them. For example, if you can't stand to be around loud noises, being in a crowd may not be the best idea. Find a safe place in your home with a quiet environment to prevent anger outbreaks. "Ginkoba" has been taken for alertness and is known to improve your mind. You may want to visit a mental health expert and get the prescription that helps deal with your anger and/or anxiety disorder.

Vitamin C and Vitamin B Complex have also been used for years to improve the mind and help the patient cope with stress. Throughout this book, you have started to learn many ways to deal with anger and grab hold of your anger. Such as:

- Focus on smaller tasks at a time
- Slowly move ahead to bigger goals when you are ready
- Learn to relax
- Write your problems down
- Take deep breaths when needed

- Analyze your problems
- Exercise and yoga are great for relaxing your mind and body
- Take your time fixing your problems
- Pamper yourself
- Remind yourself daily you are moving toward recovery
- Keep your stress level low
- Practice what you preach to your children
- Inform your friends and family so they know about your issue and how they can help you through it
- Self help groups
- Talk to your doctor if nothing is helping your problem

The next time you feel angry; let the person know how you feel and exactly why you feel this way. Most likely the person will explain himself in a manner that is non-threatening and you two can move on with your day. Finally, vent all of your energy and anger by vocalizing it to a friend or family member. ***When you are finished reviewing your choices carefully, put your anger in review and take charge of your spot now that you know your anger management is within reach.***

*Read more about mental health issues on my blog:*

**[Bipolar Disorder, Depression and Anxiety & BPD - Demystifying myths around Mental Health problems like Bipolar Disorder \(Manic Depression\), Anxiety and Borderline Personality Disorder \(BPD\) etc.](#)**

*Kurt Pedersen*