



# SOME TOOLS TO COMBAT ANGER

**SELF-HELP GUIDE**

We have prepared this guide with the aim that, if you frequently go through states of anger and suffer its emotional, professional or physical effects, help you manage this problem in a better way.

## Do you know how much damage anger causes us?

Anger commonly has devastating effects on our lives, especially when it comes to interpersonal relationships. While in a state of anger we believe that every word, action, gesture, etc., is understandable, when calm arrives, we realize that we made mistakes, that we hurt someone or that the damage is already irreversible for the person or persons. people against whom we unleash it, being then when the guilt and emotional discomfort arises as a result of it.

Below you will see that we suggest some tools that can help you better manage that emotional state, get to know yourself and manage your emotions more efficiently.

It is important that you know that anger does not arise at once, but is caused by a host of discomforts that gradually increase until they cause a sudden blow of violence. Therefore, it is essential to know the phases that precede this coup. Unfortunately, we only realize it when anger has its maximum expression and we can no longer avoid it. So, if we want to contain it, it is necessary to act from the beginning, not when we are on the verge of exploding.



### **First step:**

Learn to take responsibility

At this point, it is about being aware of having discomforts that are leading us to anger. For this, it must be understood that this kind of personal responsibility implies beginning to reflect and accept that:

- We are the only ones responsible for what we feel.
- We must be aware of what was the original cause.

- Who suffers the consequences of our anger.
- We are the only ones responsible for our actions and the only ones who can change any harmful behavior from anger.

### **Second step:**

Let go of false beliefs that are often used instead of dealing with anger, such as:

- We reduce anger once we manifest it through shouting, etc. This is not true as it has been shown that releasing anger in this way produces the reverse effect, that is, it reinforces it.
- Avoiding situations that can cause us discomfort can make our anger disappear. This is not true either because avoiding this type of daily situation we do not work on creating the mechanisms to combat it.
- We make ourselves respected through anger, through which I also get what I want. This is another of the false beliefs, because very possibly those around us, especially our loved ones, do what we want just to avoid experiencing our anger, often feeling fear, holding grudges and distance.
- Consider that, if we have ever been violated, this gives us the perfect justification to unleash anger or reduce it. This is also a false belief, because to reduce anger the fundamental thing is to make it aware, to know that we have done something wrong, how the feeling originated, not only to live with the faults of previous times.
- The external causes us anger. False! Otherwise, the same annoyance would incite the same anger in all people, so it is useful to get rid of the belief that what we consider unfair, frustrating situations or difficult people are the ones that cause us anger.

### **Third step:**

Relax and “slowdown”. This means that having the ability to relax allows us to reduce or eliminate stress and thus be in control of an outburst of anger. Some of the techniques that you can use are, for example: breathe deeply; relax the muscles progressively; do yoga or meditation, etc.



#### **Fourth step:**

Stop the angry outburst. When we feel upset, if we don't have enough preparation to stop it, we probably fall into this state, increasing the risk of unleashing violence on those who least deserve it. To avoid this situation, you can also implement some techniques, for example:

- Know what signs can lead you to an outburst of anger.
- Relax by using phrases or words that calm you down.
- Become aware that the situation that causes you discomfort is perhaps not so dramatic as to unleash anger and that you may be misinterpreting it.
- Take a breath, leave the environment where you may be when you explode violently, especially if you are accompanied by someone, and do not return until you feel calm and there is no risk that you will erupt violently again.



#### **Fifth step:**

Communicate properly. This can be an ability you gain as a means of draining your anger. For this, you need to know that it is positive that you express your feelings, needs or opinions in a better way, knowing that other people also have the right to express them, to refuse, not to do what you want, and this does not mean that you reject or tease you.

What options do you have to communicate adequately without anger or violence?

- Make use of low tones to be aware of the way you express your opinions.
- Say how you feel when you suffer from some discomfort or situation and identify what thoughts come to your mind.
- Listen to other people and realize their feelings at that moment, be empathetic and compassionate.
- Adopt a relaxed body posture, do not push or speak loudly, as this will lead you more quickly to physical or verbal violence.
- Talk assertively with the other person about how you felt when this happened or said that. An example would be to say: when you told me... I felt that... or: why did you do...? I wish that...

**Sixth step:**

Don't fool yourself with your frustrations. This means that we all make mistakes, that no one is exempt from it, and that we should rather focus on our attitudes and not just those of others, not focus on failures and defects.

What could you do to combat the frustrations?

- Observe the attitudes, positive emotions and behaviors of those around you.
- Do not criticize other people or focus on the negative as this can cause you discomfort and cause anger to arise.
- If you make any criticism, it is better to do it about the attitude of the people, not the person himself, and to do it in a concrete and constructive way, also doing it at the opportune moment, not when you are still upset.

**Seventh step:**

Enjoy life in all its possible forms. You should keep in mind that anger can trigger many ailments and conditions, from ulcers to hypertension, arteriosclerosis, etc., therefore, it is advisable to develop an appropriate lifestyle for yourself and for others.

What options do you have for it?

- Perform physical exercise.
- Do not consume alcohol or illegal drugs.
- Eating balanced and healthy.



- Sleep enough hours to not feel tired, as this can generate or increase anger.

**Eighth step:**

- Reduce stress.

What could help for this?

- Better structure and organize your time to achieve your goals.
- Try to do activities that you enjoy and make you disconnect.
- Talk to you positively.
- Recognize each achievement that you are reaching, even if they are small. Remember that this is always important.

All of the above can be very helpful if you raise awareness and apply it in your life. However, this is only a first aid. In the event that your states of anger persist or become more frequent, seek professional help, because if you do not limit it, it can end up damaging all your relationships a lot, whether they are of a personal or work nature, etc..., including your physical and mental health. Think about the consequences of continuing like this if the years passed. Freeing yourself from anger can bring great benefits in the short and long term.

**“Anger is a choice and a habit. It is a learned reaction to frustration and as a result of which you behave in ways you would rather not. In fact, deep anger is a form of madness.**

**You are crazy when you cannot control your own behaviour”.**

-Wayne Dyer-